



P.O. Box 718, Waldo, FL 32694

Vol. 11, No. 4 Fall 2008

OFFICIAL NEWSLETTER OF THE FLORIDA BICYCLE ASSOCIATION, INC.

St. Johns River to the Sea Loop to be the longest multi-use loop in Southeast

by Herb Hiller



A half-million cyclists a year will start riding a five-county, 260-mile loop trail through north-

Congressman John L. Mica pledged efforts to gain funding from special appropriations expected by 2013 to celebrate the 500th anniversary of Spain in La Florida.



(Left to right) Commission Chairs James O'Connell (Flagler County), Frank Bruno (Volusia County), Congressman John Mica (Seventh Congressional District of Florida), and Commission Chairs Thomas Manuel (St. Johns County), Hermon Somers, Jr. (Putnam County) and Truman Scarborough (Brevard County)

east-central Florida early in the next decade. Floridians can start riding it now.

The trail will be the longest multi-use loop in the American Southeast. Advocates seek to have it in place for the Spain-in-Florida Quincentennial in 2013. Coastal wildflowers, first seen by Ponce de Leon and other Spanish explorers in 1513, gave the land its name, La Florida, and the loop will celebrate wildflowers.

The loop will also advance trails tourism and wildflower tourism and contribute to helping turn Florida green.

When on September 22 elected officials of the five counties along the 260-mile St. Johns River to the Sea Loop signed a memorandum of agreement with a five-year target for getting their trail fully paved off-road, they signaled an open door for advocates to lobby for the money.

The Florida Wildflower Foundation, Florida Greenways and Trails Foundation, and Flagler County are supplying funds for the inaugural tour. Additional in-kind backers include the East Coast Greenway Alliance, the Trust for Public Land, River of Lakes Heritage Corridor and St. Johns River Alliance.

Some 30 invited cyclists will put the trail on the map this fall when they ride the loop from Palatka to St. Augustine, to Daytona Beach and Titusville, to Enterprise and Debarry, to Crescent City and finishing again in Palatka.

The route includes about 40 miles of paved, off-road sections, the rest divided between unpaved off-road sections and on-road sections.

Please see **Loop**, Page 8

Foundation goal: to support a statewide system for recreation, conservation and transportation

The Florida Greenways and Trails Foundation, Inc. (FGTF) mission is "to promote, enhance and sustain the Florida Greenways and Trails System."

The FGTF exists to support the mission and programs of the Florida Department of Environmental Protection's Office of Greenways and Trails (OGT) as they work toward establishing a statewide system of greenways and trails for recreation, conservation and alternative transportation.

OGT "touches" every county in the state. As part of its mission, the Office of Greenways and Trails:

- ❑ Manages the Marjorie Harris Carr Cross Florida Greenway, eight state trails, and other lands as key components of the greenways and trails system
- ❑ Administers the greenways and trails land acquisition program, a component of America's preeminent state-level conservation land acquisition program, Florida Forever
- ❑ Administers the Recreational Trails Program, a federally funded competitive grant program providing trail development funding to approved local entities

- ❑ Administers a program for formally designating public and private lands and waterways as part of the Statewide System of Greenways and Trails

- ❑ Provides planning and technical assistance for greenway, trails and multimodal transportation projects

- ❑ Provides public information and outreach

- ❑ Plans and refines the visioning maps that collectively comprise the statewide system of greenways and trails through close collaboration with local governments and trail advocates

- ❑ Spearheaded efforts to establish the Florida Circumnavigational Saltwater Paddling Trail, a 1,550-mile sea kayaking trail extending around Florida's entire coast.

The State of Florida has one of the top Greenways and Trails Programs in the United States and was recently nominated as "Best Trails State" in America by American Trails.

Additionally, the Recreational Trails Program administered by OGT recently received the Coalition for Recreational Trails

Please see **OGT**, Page 8



Cyclists ride past the depot on the Nature Coast State Trail, Trenton. Photo by John Moran.



Advocating a
bicycle-friendly Florida

P.O. Box 718, Waldo, FL 32694

Executive Director

Laura Hallam
P.O. Box 718
Waldo, FL 32694
Phone: 352-468-3430
Fax: 352-468-3430
Cell: 407-399-9961
laura@floridabicycle.org

Membership Director

Deb Devoe
2738 Gables Drive
Eustis, FL 32726
Topgear730@embarqmail.com

Board of Directors

David Henderson, *President*
111 NW First Street, Suite 910
Miami, FL 33128
Phone: 305-666-4718
david33146@aol.com

Raphael Clemente AICP, *Vice President*
301 Clematis St, Ste. 200
West Palm Beach, FL 33401
Phone: 561-833-8873
bikeape@me.com

Don Braverman, *Secretary*
27A Stratford Lane West
Boynton Beach, FL 33436
Phone: 561-742-8074
ybikedon@bellsouth.net

Steve Diez, *Treasurer*
20 N. Main Street, Room 262
Brooksville, FL 34601
Phone: 352-754-4057 x 125
StevenD@co.hernando.fl.us

Lisa Blount
149 Cherry Creek Circle
Winter Springs, FL 32708
Phone 407-234-7086
Blount.Lisa@yahoo.com

Linda Crider, Ph.D.
116 Kirkland St.
Palatka, FL 32177
Work Phone: 352-244-0062
Lbcrider@aol.com

Dan Moser
1449 Linhart Ave.
Ft. Myers, FL 33901
Phone/Fax:
239-334-6417
moserdeleon@juno.com

Mighk Wilson
737 S. Mills Ave.
Orlando, FL 32801
Phone: 407-488-9990
mighkw@earthlink.net

Ken Bryan
Rails-to-Trails Conservancy Florida Field Office
ken@railstotrails.org

Keri Caffrey, Webmaster
kci@kbird.com

Paul Casazza, Law Enforcement
BikeFla@aol.com

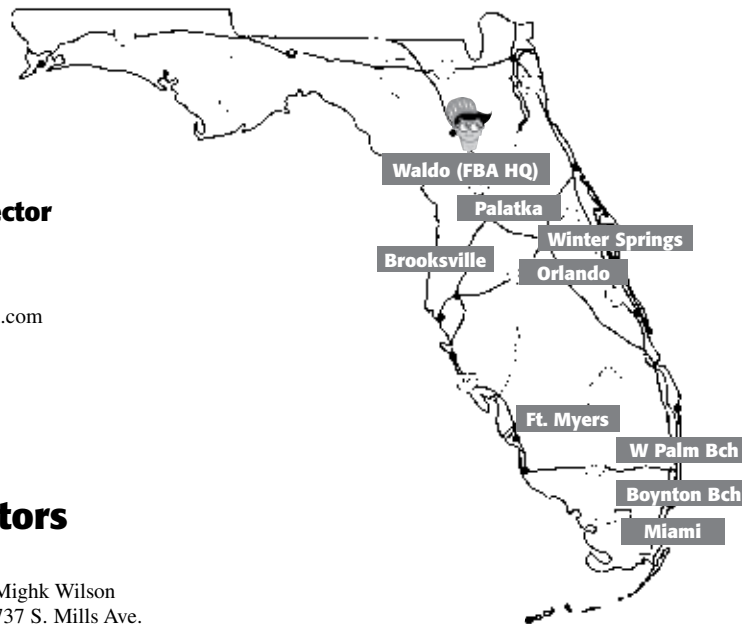
Hal Downing, Legal Affairs
hdowning@whwww.com

Herb Hiller, Journalist
hiller@funport.net

Dwight Kingsbury, Historian
kingsbry@nettally.com

Henry N. Lawrence, III, Special Programs
hnbicycle@yahoo.com

George Martin, Law Enforcement Training
flbikelaws@bellsouth.net



City names denote board member distribution. Is your area represented? Contact a board member today!

Advisory Board

Laura Minns, Scrapbook and Memory Book
lminns@hhidesign.com

Roger Pierce, Florida Touring Calendar
roger@piercepapes.com

Carol Pulley
popspulley@yahoo.com

Tina Russo, Education
tarusso@aol.com

Robert Seidler, Filmmaker
seidlercine@att.net

John Sinibaldi, Jr
john@js-insurance.com

Randall Williams, Newsletter
FBAMessenger@aol.com

Thanks to Our Donors! (3rd Q 2008):

Lifetime members
Kimberly Cooper
dB Technologies
James Nash
Mr. & Mrs. H. Middleton Raynal
Dr. Joe Warren
Mighk and Carol Wilson

Paceline Leaders (\$1,000+)
Winter Park Health Foundation
Mary Shanklin *et al.*

Golden Gears (\$250 - \$499)
Florida Freewheelers
Steve Bayard

Silver Spokes (\$100 - \$249)

Santos Trailhead Bicycle Shop Candice LeCompte Carol Stevens/ Rocco Monaco A1A Cycle Works Bike Works - Hans Hansel Brice L. Holland Bubba's Pampered Pedalers Champion Cycling & Fitness David Kaye Henry Nelson Laura Hallam John Hopkins and Liz Warriner	Jon and Betsy Hughes, Track Shack Kenneth R. Campbell Ocala Mountain Bike Association Orlando Road Club Patrick Neale Perry J. Padgett Peter Ilchuk Roland daSilva Sandy Miller Timothy and Nanette Winzell Tom Ustler Wayne Risius Randall & Valerie Williams
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Bronze Pedals (\$50 - \$99)

Allen Loyd Bret Baronak Charles Hofacker Charles R. Jones Danaya Wright & Kendal Broad- Wright Edward Ziminski Eric Hankin Gregg Spieler Jack Fine Jon Kish Keri Caffrey Lois Brown	Norman H. Lipoff Red Camp Robbie and Sara Brunger Robert McWhirter Steele and Pamela Olmstead Team Armada The Motor Bookstore Theodore and Wendy Isaksen Thomas Blazejack
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Club & Corporate
Winter Park Health Foundation
Florida Freewheelers
Santos Trailhead Bicycle Shop
A1A Cycle Workd
Bike Works -Hans Hansel
Bubba's Pampered Pedalers
Champion Cycling & Fitness
Track Shack
Ocala Mountain Bike Association
Orlando Road Club
The Motor Bookstore

Join FBA

Use the application form on the last page. Suggested contributions (tax deductible):

Individual	\$25
Family	\$35
Student/living lightly	\$15
Bicycle Club	\$100
Corporate/Agency	\$100

Higher donations are greatly appreciated! See membership categories, below.

Make check payable and mail to:
Florida Bicycle Association, Inc.
P.O. Box 718, Waldo, FL 32694
or join online at floridabicycle.org.

Visit FBA's Website

www.floridabicycle.org

Subscribe to FBA News, and FBA and FORBA e-mail lists

Stay up-to-date on bicycle issues with these statewide forums.

To subscribe to Florida Bicycle Association's FBAlink, go to FBA's home page at the website URL listed above and click on the "Sign up for FBA News Updates by E-Mail" link.

FBA's Blog is on the website

www.floridabicycle.org

Messenger Deadlines

Copy and Advertising Deadlines:
Summer Messenger - June 15
Fall Messenger - September 15
Winter Messenger - December 15
Spring Messenger - March 15

Inquiries and submissions:
laura@floridabicycle.org

Membership Categories:

Paceline Leaders (\$1,000+)
Titanium Partners (\$500-\$999)
Golden Gears (\$250-\$499)
Silver Spokes (\$100-\$249)
Bronze Pedals (\$50-\$99)
Membership includes a subscription to the *FBA Messenger*.

Board welcomes newest member: Lisa Blount

Lisa bikes to work several days a week from her home in Winter Springs to her job as Director of Communications & Public Affairs for the state's largest trade association, a 30- to 50-mile commute roundtrip, depending on the route.

Hauling a MacBook Pro and other gear, Lisa uses the commute to train for long distance tours and other endurance events.

She serves as Vice President of The BOBBies (Babes on Bikes), a women's



Lisa Blount

cycling group in Orlando, and is one of several instructors in the BOBBies' highly acclaimed training programs.

She became a League Cycling Instructor in January 2008, part of her commitment to

President's message...

The battle for Seattle

David Henderson

Two really interesting things I learned at the national Pro Walk/Pro Bike conference in Seattle were that

One: Seattle has a large, organized and active bike advocacy community that puts on rides, holds cycling classes, and works with the elected officials to increase the network of bicycle facilities and bike-friendly streets.

Although the city has an excellent bike coordinator and access to funding, the local advocates are the straw that stirs the drink.

They are the people who show up at project meetings and neighborhood workshops; who collect signatures and explain to residents and businesses why the bike alternative is the best one; and who hold city commissioners accountable for their promises to make the city more bikeable.

They identify problems, propose solutions and choose the strategies to get there.

help others enter the sport and become confident and proficient vehicular cyclists.

Believing in the right tool for the right job, Lisa currently owns three bikes – a Litespeed Bella (an incredibly fast road bike), Specialized Ruby (for endurance/mountain events) and a Trek FX 7.6 for commuting.

She's currently researching touring bikes for her next endurance event: the TransAmerica ride in 2011.



No one comes out on top on every issue but the bike advocates in Seattle prove that making your voice heard is the first step towards making a change.

Two: this advocacy movement has very modest roots.

During a lunchtime presentation, Mayor Greg Nichols acknowledged the original

Even though you may start small, think large. Some of the greatest advocacy movements have come from modest roots.

members of the "Burke-Gilman Trail Park Committee" who worked in the early 1970s to have an abandoned rail line converted into the first section of what is now one of the most popular urban trails in the US.

The original 10 members (nine are still living and eight were at this conference) were recognized for leading the effort to open a trail that was originally only four blocks long.

The advocates worked to convince the city and neighborhood opponents that the trail was worth building. The Burke-Gilman Trail is now over 14 miles long and the Seattle advocacy scene has grown with it.

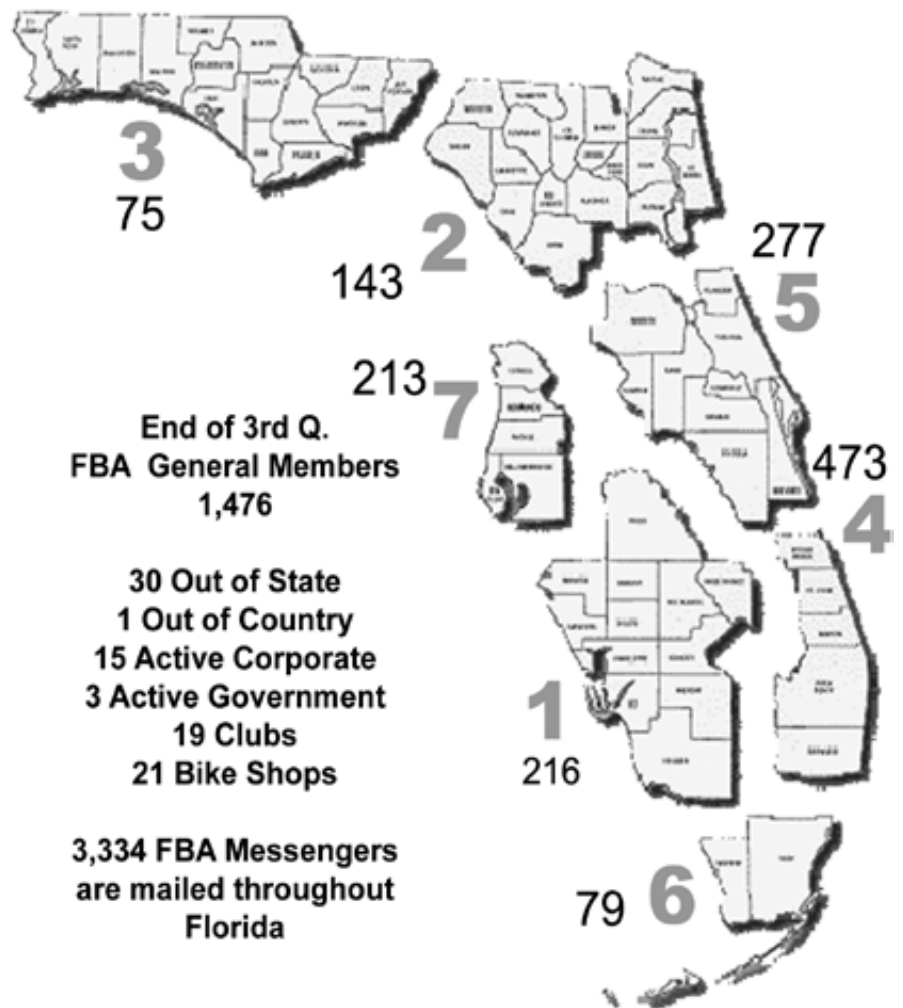
How could 10 people working together make your community a better place?

Get with the movement

This year's ProBike®/ProWalk Florida conference in St Petersburg will help similar professional, advocates and others who care about safe bicycling and walking find out what is going on and how they can bring it back to their community. The October 20-23 agenda features state and national leaders in education, safety, design and advocacy.

Go to the FBA website (www.floridabicycle.org) or www.probikeprowalkflorida.com for all the information.

FBA Membership 1,565 and Growing



Welcome New Members!

- | | | | |
|-------------------------------|--------------------------------|------------------------------|-----------------------|
| Josh Abrams | Norma Hackney | Alan & Sue Silberman | Jason Rodriguez |
| Beverly Bromberg | Miriam S. Gallet | William Zoch | Kelly Vander Werf |
| Richard Fiedler | Barry C. Cotter | Julie Genereux | Mary Shanklin |
| Steven Kaplan | Jerry, Michael and Robin Potts | Fred Ulmer | Victor Yordan |
| Carlos Kunigk | Guy W. Bogisich | Richard Rounds | Allen Antoniac |
| Henry (Sandy) Miller | Celeste Cook | Richard T. Ames | John Robertson |
| Michael Miller | Randy Raybon | Sharon Wolfson | J.O. Spengler |
| Steven Sanchez | Craig and Mary Greenhill | Carol Stevens/Rocco Monaco | Dennis Scott |
| Kristin Scanlon | Jim Foley | Daniel Weller | Janet McDermott |
| Costanzo | Dennis Smigelsky | Lynn Duke | Renee Broxson |
| Bruce Searing | Scott A. Sloan | John Jorgensen | Joan B. Maberry |
| Stelios Stylianou | Tom R. Ross, Jr. | Bill Crouch | Brian Fields |
| James Wood | Alice Robison | Catherine Holley | Jill Blanchard |
| Darryl Wormsley | John Crocker | Michael and Kathleen Gagnier | Kevin and Vicki Ruane |
| Clyde and Carolyn Riggs | Lisa M. Dwyer | Laurie Graebner | Marilyn Lutton |
| Paul A. Calewarts | Bebet M. Sloan | Bill Martz | Joe D. Bryant |
| Larry and Cathy Dixon | Tiffany Dixon | Sara Mechtensimer | Cory Allen |
| Donna Sherman | Michael Shep | Red Camp | Danne Varel |
| Larry A. Elswick | Ron Kimball | Pati Beardsley | William Turner |
| Kathryn A. McGoldrick | David LeClair | Sheryl Martin | Mark Barrett |
| Jerry E. Dryden | Mary Ann Spallone | Bill Sartoris | Carol Davies |
| Bob Calamita | Leonard Townsend | Team Armada | George Wilson |
| Carmen Martinez | Matthew Osborne | Paul Paquet | Amanda Reed |
| Patrick and Georgann Pattillo | Gary & Susan McClellan | Joe and Darla Letourneau | Sal Fiducia |
| Thomas H. Lokey | James Crandall | Keri Caffrey | Michele Heston |
| James D. Lindsey | Eric Levy | Gordon Vedder | Hope Howland Cook |
| Susan Whitemountain | Ted Harwood | Dennis Dawson and | David Milliman |
| | Chris Olson | | Frank Sheen |

Health Matters...Information and products to help you stay healthy.

Do you love your liver?

by — Marilyn T. Brady, RN

Did you know...

- 25 million Americans – one in every 10 – are or have been afflicted with liver and biliary (relating to bile) disease.*
- 25,000 Americans die each year from chronic liver disease and cirrhosis; 300,000 people are hospitalized each year due to cirrhosis.*
- In 2005 approximately 6500 liver transplants were performed, an increase of 23% from year 2000.
- Due to the shortage of organs, it is estimated that nearly 2000 prospective recipients die each year while waiting for a liver transplant.
- There are currently over 17,000 people waiting for a liver transplant.*

*American Liver Foundation

The largest organ in your body, your liver, weighs in at about 3 pounds and is roughly the size of a football.

It resides in the upper right side of your abdomen, situated mostly under your lower ribs.

A normal healthy liver is smooth and soft and is connected to your small intestine by the bile duct which carries bile to the intestines.

Bile is a yellow or greenish fluid secreted by your liver and stored in your gallbladder. Bile is used as an aid to digestion, especially in the emulsification of fat.

Nearly all of the blood that leaves the stomach and intestines must pass through the liver to be filtered and detoxified.

With a healthy liver, about 99% of the toxins and waste are removed out of the blood before the blood is sent back through the body.

The liver also has many other functions including:

- The production of clotting factors, blood proteins, production of bile, and more than a thousand different enzymes
- The metabolism of cholesterol
- The regulation of several hormones
- The storage of energy (glycogen) to fuel muscles
- The maintenance of normal blood sugar
- The detoxification of drugs and poisons as well as alcohol, bacteria, and viruses

As you can see, the liver is one of the hardest working organs in your body. You would think that if this magnificent organ can filter and cleanse the body of toxins, it can also cleanse itself – you would be wrong!

Your body's "oil filter"

A car's oil filter needs regular attention. If you let it become dirty, clogged with crud, and over worked, the engine malfunctions, sputters, and eventually there is a break down.

This is what happens in the body; an overloaded or dirty liver filter can cause a wide

range of symptoms of poor health in the body.

Most Common Liver Ailments

Viral Hepatitis

Hepatitis is the inflammation or swelling of the liver. Viruses that attack the liver cause some of the most common forms of hepatitis.

In most cases, your doctor can us a simple blood test to see if you have been exposed to one of these viruses. The 3 most common viruses that can attack your liver are:

1. *Hepatitis A* – usually spread through dirty food and water; may make you feel like you have the flu; may cause a yellowish color (jaundice) in your skin or in the whites of your eyes. Almost everyone recovers from Hepatitis A without any problems.

2. *Hepatitis B* – spread through blood, semen and vaginal fluid. Can make you feel sick like Hepatitis A and is contracted by having sex with an infected person. Most people with Hepatitis B get better.

3. *Hepatitis C* – mainly spread if you come into contact with someone's blood who has Hepatitis C.

The most common cause is contracted by sharing needles to inject drugs and may not make you feel sick at all. In fact, you may not even know you are affected.

It is still a serious illness. Most never get rid of it completely, and over time, it can cause permanent liver problems, like cirrhosis and liver cancer.

Before 1992, people could get hepatitis C through blood transfusions and organ transplants.

Since 1992, all donated blood and organs are screened for hepatitis C, so it is now rare to get the virus this way.

Cirrhosis

Cirrhosis is a medical term that means "scarring of the liver." It is a disease in which normal liver cells are damaged and replaced by scar tissue, decreasing the amount of normal liver tissue and causing the liver to not filter out bodily toxins as it should.

Excessive drinking is often the cause, but other common causes are Hepatitis, especially Hepatitis C. Cirrhosis can be very dangerous if it is not treated properly.

Sluggish Liver

Even though most individuals do not have Hepatitis or Cirrhosis, many do have sluggish livers due to our lifestyle, the aging process, and living in an industrialized country.

How To Give Your Liver A Tune Up

1. Avoid taking unnecessary medications.

Too many chemicals can harm your liver...even something as innocuous as Tylenol. In 2006 Researchers at the University of North Carolina, Chapel Hill found in their trials that the use of Tylenol (acetaminophen) for a period of 14 days raised liver enzymes 31-44%

2. Don't mix medicines without the advice of a doctor. You could create something poisonous that could damage your liver. If in doubt check with your pharmacist

3. Don't drown your liver in beer, liquor, wine or other alcoholic beverages. If you drink alcohol, limit yourself to two or fewer drinks a day.
4. Never mix alcohol with other drugs and medications. Even though your liver is the filtering agent for toxins that enter your body, stressing the liver over time can make it weak.
5. Be careful when using aerosol, bug or paint sprays, or any chemical sprays. Your liver has to detoxify what you breathe in, so when using these products, make sure the room is well ventilated and wear a mask. Have you noticed some Nail Techs wearing surgical masks when they do acrylic nails?...think about that!
6. Watch what gets on your skin. Anything that gets on your skin can get through to your liver
7. Eat a well balanced diet and minimize your consumption of smoked, cured, deep fried, salted and fatty foods including "hydrogenated" foods. Increase your intake of "fiber" – soluble and insoluble.
8. Implement a regular exercise routine at least 3 times a week
9. Use nutritional supplements to pick up where your diet leaves off to help support your liver

How can you cleanse your Liver?

- Milk Thistle, green tea
- Use natural antibiotics to reduce unfriendly germs in the bowel (such as onions, garlic, horseradish, olive leaf extract) and take in probiotics by eating acidophilus yogurt.
- Use a Liver Cleanse system periodically

What kind of results have some people seen?

- Some have seen elevated enzymes lowered
- Some have seen improved digestion
- Some have seen allergies minimized
- Some have seen generalized well being

Liver Essentials pack contains Silybin Phytosome +, Native Legend Tea blend, Red Clover blend. Note: this product contains Rhubarb.

You can order this fast and easy "30-day Cleanse Pack" item 22165 by calling 1-800-864-2489 and mentioning account no. 5790501....all profits go to the FBA when using this account number.

There is a 60-day empty box guarantee.

Statements in this and other "Health matters" articles have not been evaluated by the Food and Drug Administration. The products mentioned herein are not intended to diagnose, treat, cure or prevent disease.

Questions can be directed to "Doc Talk" or "Ask A Nurse" at BiosLife4u@cfl.r.com

Here's a list of the items featured in this and past issues:

- Immunizen (item 18401)
- Osteo Essentials – cartilage rebuilding (item 4057)
- VISUtein® – pharmaceutical grade eye-sight protection (item 14634) listed in PDR
- Prostate TLC – men's health (item 18137)
- BiosLife Complete – cholesterol reduction (item 228880) listed in PDR
- LowOz™ – hydration solution (item R21424) I.O.C. certified
- LoveRx® Men (item 16189)
- Rx® Women (item 16188)
- 30-day Cleanse Pack (item 22165)

Remember, when you order by calling 800-864-2489 and mentioning account no. 5790501, all profits go to FBA. Ask about the 60-day empty box guarantee.

LowOz™



The
GOLD STANDARD
In Sports Hydration

Available by calling 800-864-2489. Mention FBA's account #45790501.

xtra **xtra** **xtra** **xtra**

Executive Director's report...

The times they are a changin'

Laura Hallam

We are officially in *CHANGING TIMES*. We are, as a society, at a place we have never been before.

If measured in economic percentages, we are changing a few percent a day and have been for the last few weeks.

This new place that is forming could be Greener and full of Innovation and Solutions as never before. It is up to us to show our stuff.

The bicycle was the biggest change agent in our country's history up to the 1890s. The bicycle, YES THE BICYCLE.

Modern assembly lines, transmissions, differentials, ball bearings, planned obsolescence, even bloomers and the women's right to vote were tied to the bicycle.

People traveled farther to date and the gene pool even expanded due to the ease of use and maybe even its stealthiness.

Paved roads and pneumatic tires were the bicycle's innovations too.

What happened you say? Well, oil did!
And as electricity removed the need for

**Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall
For he that gets hurt
Will be he who has stalled
There's a battle outside
And it is ragin'.
It'll soon shake your windows
And rattle your walls
For the times they are
a-changin'.**

— Bob Dylan
© 1963; renewed 1991
Special Rider Music

kerosene lamps and a glut of oil based products appeared so did the AUTO-OIL-BURNING-MOBILE.

I like the precise word for it, AUTO-MOBILE the best, it says it all.

While we all as a country were, AUTOMOBILING about, our health began to deteriorate, our cities spread out like a paste of sticky glue across the land with little dimension or sense of place.

AUTOMOBILING had its benefits too. Can you name them? We were the #1 producer of the oily stuff until the early 50s and winning WWII was directly related to the fact we had control of 80% of the world's oil.

The world now has control of us, our needs and our energy and economic futures.

Now is the time to bring out the BIKES again - all of them - Three-Wheelers, Tandems, Junkers, BMXers and Electric Assisted - and use them.

We must remember the time when the bike was both king and queen of a country that was pristine, designed at human scale and very innovative.

Energy and health are what YOU make them and the bicycle is a device that translates easily into one of the best solutions for the new country presently in formation.



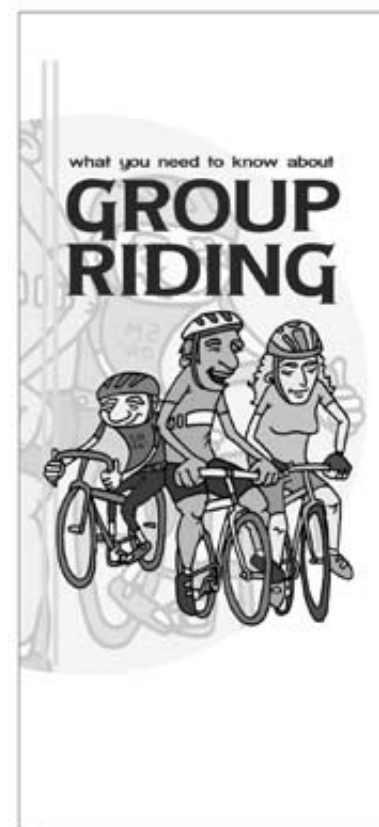
'Group Riding' brochure lays out rules for club rides

The brochure, available for free download (pdf) from the FBA Website is a companion to the Group Riding DVD, which has eight public service announcements plus narrative, for only \$5 to cover shipping and handling.

Get a bunch and share with your local TV stations.

The brochure gives 11 important rules for traveling in a group of bicyclists—rules that can mean the difference between an enjoyable, safe ride and a ride in an ambulance.

The report was prepared for the State Safety Office, Department of Transportation, State of Florida, in cooperation with the National Highway Traffic Safety Administration, U.S. Department of Transportation and/or Federal Highway Administration, U.S. Department of Transportation.



Linda Crider is Association of Pedestrian and Bicycle Professionals 'Lifetime Achievement Awardee'

The Association of Pedestrian and Bicycle Professionals (APBP) announced the winners of its annual awards program to honor excellence in the profession at its annual meeting held during the Pro Walk/Pro Bike Conference in Seattle on September 3, 2008.

Dr. Linda Crider, recently retired from the University of Florida, was one of two professionals so recognized.

The Lifetime Achievement Award recognizes individuals who have made a substantial commitment to the profession and who have shown excellence in the field of bicycle and pedestrian planning, design, advocacy, and/or education.

The award distinguishes those whose vision and determination have made their communities better places to bicycle and walk and who inspire the rest of us.

Dr. Crider recently retired from her career in teaching and as a research associate for the University of Florida, Department of Urban and Regional Planning.

As Project Director for the Traffic and Bicycle Safety Education Program, she was involved in bicycle safety and pedestrian safety issues for children.

Crider founded and currently serves as president of Bike Florida, Inc., which hosts a major annual bicycle in Florida, the proceeds from which help support bicycle and traffic safety education programs.

She also serves on the board of directors and is a past president of FBA.

In 1977 she became the first executive director for the Governor's Council on Physical Fitness and was instrumental in

establishing the first bicycle program, and later, pedestrian programs within the Florida Department of Transportation.

She has devoted much of her personal and professional life to advancing bicycling and walking for transportation, recreation and health purposes.

Crider has set new standards in such areas as bicycling and pedestrian education for all ages and has conducted hundreds of workshops for teachers, law enforcement officers and citizens on the principles of safe bicycling and walking.

About the APBP

The Association of Pedestrian and Bicycle Professionals provides expertise for sustainable transportation and is the only professional membership organization for the discipline of pedestrian and bicycle transportation.

APBP members are employees of all levels of government, consulting firms and non-profits who work in engineering, planning, landscape architecture, police, safety, health and other fields and specializing in improving conditions for bicycling and walking.

For more information about the organization, visit www.apbp.org.



Bike Florida and FBA share in promotion of and proceeds from sale of Share the Road specialty license plates. Income from the plates is earmarked specifically for education and awareness programs for bicycle and motorist safety.

In-car-ceration

by Robert Seidler

With about 1% of the nation behind bars, what is going on here?

First, a lot of drinking – but joking aside 1% of your friends or relatives are in prison with good healthcare, food, exercise, time to read and no gas bills. Who is in prison; is it us instead?

My issue is the real in-car-ceration, the vehicular type.

The other 99% of us are locked into this barless cell constantly trading off health and bio-logical activity for healthcare.

We are continually feeding our cars by the gallon and our kids as we can.

We would walk more, bike more and live more if only we could. Becoming road kill just like those we see each morning as we are driven to work is negative reinforcement.

We are animals, too, and Florida is second in the nation in both bike and pedestrian injuries and fatalities.

On a recent Colorado visit I noticed that their pedestrian laws are stated everywhere on big signs that note big fines. More important: they are enforced.

Cars just stop when a walker nears the curb, but that RV that almost pancaked me still did not. Yea, for a moment I got it and, yes, it was from Florida!

We have to make humanity King and Queen again, not our method of motorized SOV transportation.

This means real laws that are applied and enforced, with arrest and real consequences for disregard.

Have the pedestrians rule the streets and the cars take the orders. Let us incarcerate the cars!

We can just starve them for energy, make them shrivel and die or we can wait for 8

bucks a gallon gas. Fill up that 22 gallon tank 3 time a week, \$528.00; who will starve then?

We must take back the streets, keep our money and earn our health again through exercise and activity. We imprisoned ourselves through our addictions. Yes we are addicts, oil addicts, car addicts and addicts need counseling.

We have been programmed for 50 some years now on the merits of our car-based society. The program now is dysfunctional and out-dated.

Look around you at the round people with achy joints fueled by gravity's oppression. Look at the monies the drug companies make off of us.

Look at the system that is set up to make you feel good and happy, the prescription drug based system augmented with alcohol.

Activity, creativity and exercise still can do that with the natural drugs from our body and brain.

Heroin, cocaine, meth all are nothing compared to the damage oil has done to us a culture.

How do we start? Fill your car up, but with people, ride share, add a bike rack and use that bike for the short trip once you are dropped off at that central location by your driver.

If every one of the people going from here to there each day had at least 4 people in their car there would be 75% less autos on the trip and no, and I mean NO, traffic jams.

It is not a roadway issue it is an attitudinal and economic one. If you want money and health the car must begin to be left behind.

Robert Seidler is an FBA advisory board member and a filmmaker, presenter and green-nature-based guide who lives in Sopchoppy Florida. He has produced Traffic Safety educational materials since 1984. Seidlerproductions.com

FBA mini-grant to Marion County Sheriff creates increased education and enforcement opportunities

In November 2007 FBA awarded the Marion County Sheriff's Office a \$2,000 Share the Road mini-grant to provide education to schools and the public by conducting bicycle rodeos and putting additional deputies in the communities on bicycles.

An October 2008 final report from Lisa Rice of the sheriff's office details a year's worth of evidence that the grant was put to good use.

The extra funds enabled bike unit officers to complete a bicycle safety course and three of the unit to spend a week training in Ocala at the IPMBA Police Cyclist Course. The class provided 40 hours of classroom and on-bike training, world-class training in police pike patrol, course materials and manuals, liability reduction through standardized train-

ing and an opportunity to gain IPMBA certification.

Bikes purchased with assistance by the grant enabled the sheriff's office to put more bike unit officers on the road, resulting in increased visibility, a higher month-to-month enforcement record and, according to the officer, a reduction in crime in areas served.

Bike unit officers also participated in a number of bicycle rodeos and youth events throughout the county.

In their final report to FBA the sheriff's office expressed its "sincere gratitude to the Florida Bicycle Association for this grant award which has contributed so significantly to our community policing and bicycle safety efforts."

First of a series by 'beachbikergary'...

Correct road riding procedures

by Gary Bryant

This is the first in a series of articles to help make bicycling on the road safer and more fun.

The intent is to make bicyclists aware of the correct riding procedure, and to make bicyclist and operators of motorized vehicles aware of bicyclist's rights and responsibilities on the road. This article deals with correct riding procedures.

If you are somewhere near my age (63), you were likely taught the wrong way to ride a bicycle on the road.

Your parents told you to ride on the sidewalk if possible. If you had to ride in the street, ride against traffic so you could see oncoming vehicles.

I see cyclists each time I ride that are doing this. I even see them riding against traffic in the bike lane that has an arrow pointing in the direction of traffic flow to indicate the correct direction to ride.

They firmly believe they are doing the right thing. If you are riding in the correct direction, with the flow of traffic, you will have to pull out into traffic as you pass them.

In Florida, a bicycle on the road is legally a vehicle. It must follow the same rules as any vehicle. That obviously means riding the same direction as traffic. However, even more important is the safety factor.

Many studies have shown that most bicycle accidents occur with bicyclist riding on sidewalks, in the wrong direction.

The biggest danger in this scenario comes from motorized vehicles.

When a driver pulls out of a driveway or shopping mall, he is looking to his left for oncoming traffic. You are approaching from his right and the odds are he will never see you.

There was a segment on TV news last year demonstrating the incorrect way to bike. The newscaster was on the sidewalk, riding against traffic, and he actually got hit by a car pulling out of a side street during the filming! At least he was wearing a helmet.

The second danger here is pedestrians. You don't know where they are going to go as you approach them.

Even if you say "On your left", they are likely to jump in front of you. I've had this happen many times on paths that are shared by walkers and bikers.

When riding in the street against traffic, the same danger exists from motorized vehicles not looking in your direction as they enter traffic.

An added danger when riding in the road against traffic is that if you do collide with a vehicle, the impact is greater.

If you are riding 10 miles an hour and get hit head-on by a car going 25 miles an hour, there is a 35 mile per hour impact.

If you are going with traffic, that is reduced to a 15 mile an hour impact.

Also, drivers expect things in the road to be traveling in the same direction they are. I believe they actually see things going in their direction better than things coming at them because they don't expect it.

The solution to seeing traffic is to have a mirror on your bike or glasses. They show everything behind you very effectively. I feel naked if I leave mine at home.

Right up there with riding in the correct direction is wearing a helmet. I ride often, and I've cracked three helmets.

It doesn't take a severe fall to cause a severe head injury. You can be at a stop, and if you somehow fall and your head strikes the pavement, you will likely sustain an injury. I won't ride even a few feet without my helmet on, and fastened correctly.

I see people riding with a helmet on, but the straps are dangling free. If they fall, the helmet will be useless. I see parents riding with their children and the children have on helmets, but the parents don't.

Who is going to take care of those kids if the parents get brain injury? Also, the children are going to copy the parents. As soon as they are away from the parents, off come the helmets.

If you ride against traffic, and don't wear a helmet, I hope this article will make you think about changing. I can be reached at beachbikergary@peoplepc.com.

Highway safety division report lists last year's crashes

Information supplied by Dwight Kingsbury

DHSMV reports 530 pedestrian fatalities in 2007.

As in past years, over 60 percent (64 percent, this year) of fatally injured pedestrians were crossing roads when hit (95 were crossing at intersections or marked midblock crosswalks, 242 were crossing at other locations). DHSMV's tables don't include information about driver/pedestrian fault.

Alcohol involvement continues to be a frequent factor. "11.01% (947) of all pedestrians in crashes (8,595) had been drinking and 41.13% (218) of all pedestrian fatalities (530) had been drinking."

The report doesn't include figures for drinking involvement of drivers in pedestrian crashes.

However, 38.6 percent of the state's 3,221 traffic fatalities in 2007 were classified as alcohol-related, i.e., someone in the crash had used alcohol (was not necessarily intoxicated).

Alcohol involvement cannot always be determined, because test results are not available or no test was conducted.

FARS estimated (using its imputation method) that 42 percent of Florida's traffic fatalities in 2007 were alcohol-related.

Bicycle Commuter Act to provide payment for cycling to work

The bicycle commuter provision is law. Now looms the question of implementation.

The League of American Bicyclists is taking the lead to ensure that implementation guidelines are established prior to the provision's effective date: January 1, 2009.

Continue to check the LAB web site for new information. They will update with answers to "Frequently Asked Questions" as they get the details.

Frequently Asked Questions

Q When does the bill become effective?
Effective Date –Tax year beginning January 1, 2009

Q I am a bicycle commuter: how and where do I apply?

As are the parking, transit, and qualified parking programs, the bicycle commuter provision is a fringe benefit, so your employer will still have to set up a process to administer the benefit that works for your organization.

The League of American Bicyclists is taking the lead to obtain guidance from IRS that employers can use to set up their programs.

Q How does the program work?

The original intent was that an employer could now provide up to \$20 a month in incentives related to an employee's bike commuting, to include, but not limited to, bike parking facilities, shower facilities, and maintenance then deduct that amount from their taxable income. Again, LAB will work with IRS to establish more guidance for interested employers.

Some employers already offer perks to bicyclists. The City of Palo Alto offers bicycle commuters \$20 per month in taxable cash benefits if they commute by bicycle to 60% or more of their scheduled shifts.

Google, at its Mountain View, Calif., headquarters, offers employees bike tune-ups once a month.

Discovery Communications, owned in part by Discovery Holding, reimburses employees \$350 for a bike, and it designed its three offices in the Washington, D.C., area as "bicyclist friendly," with secure bike racks, day lockers and showers.

Yahoo! has bike lockers and showers at its Sunnyvale and Santa Clara, Calif., buildings and a "bike buddies" matching program so employees can share bicycle commuting tips and trips.

Q Why was the bicycle commuter act part of the financial rescue package?

The Bicycle Commuter Act has been in front of Congress for seven years; it's a simple, equitable provision that puts cyclists on the same footing as people who get tax breaks for taking transit or driving (or parking, actually) their cars to and from work.

The total anticipated cost of the provision, estimated by the Joint Committee on Taxation, is a very modest \$1 million per year, as compared to the \$4.4 billion annual cost of parking and transit benefits.

The bike provision was part of a larger Renewable Energy Tax Credit Initiatives legislation. Varying versions had passed both the House and Senate but the two houses were unable to compromise on one version.

The Senate strategically attached a number of provisions to the Financial Rescue Package to ensure their passage before recess. These included the Renewable Energy Tax Credit Initiatives; the Alternative Minimum Tax adjustment; extensions of expiring tax cuts for businesses and families; natural disaster relief; and parity for mental health treatment.

Q If I put my bike on a bus/train for part of my commute, can I still get the benefit?

At this time, the language would preclude one from obtaining both a transit pass benefit and a bicycle commuting benefit, but this is something that the League will be looking to rectify in the next surface transportation reauthorization in regards to expanding access to transit.

Q Who made this happen?

Congressman Earl Blumenauer (D-OR) and Senator Ron Wyden (D-OR) have been the Congressional champions for legislation that would provide tax fairness so employers could offer the same transportation fringe benefits for bicyclists that they offer to employees who commute by car and public transit.

The League of American Bicyclists has worked closely with both to provide grassroots support as well as identify other Congressional sponsors for the provision.

Bicycle Commuter Tax Provision Actual Language as Signed into Law
SEC. 211. TRANSPORTATION FRINGE BENEFIT TO BICYCLE COMMUTERS...

(c) Definitions- Paragraph (5) of section 132(f) is amended by adding at the end the following:

(F) DEFINITIONS RELATED TO BICYCLE COMMUTING REIMBURSEMENT-

(i) QUALIFIED BICYCLE COMMUTING REIMBURSEMENT- The term "qualified bicycle commuting reimbursement" means, with respect to any calendar year, any employer reimbursement during the 15-month period beginning with the first day of such calendar year for reasonable expenses incurred by the employee during such calendar year for the purchase of a bicycle and bicycle improvements, repair, and storage, if such bicycle is regularly used for travel between the employee's residence and place of employment.

(ii) APPLICABLE ANNUAL LIMITATION- The term "applicable annual limitation" means, with respect to any employee for any calendar year, the product of \$20 multiplied by the number of qualified bicycle commuting months during such year.

(iii) QUALIFIED BICYCLE COMMUTING MONTH- The term "qualified bicycle commuting month" means, with respect to any employee, any month during which such employee--

(I) regularly uses the bicycle for a substantial portion of the travel between the employee's residence and place of employment, and

(II) does not receive any benefit described in subparagraph (A), (B), or (C) of paragraph (1).

(d) Constructive Receipt of Benefit- Paragraph (4) of section 132(f) is amended by inserting (other than a qualified bicycle commuting reimbursement) after "qualified transportation fringe".

(e) Effective Date- The amendments made by this section shall apply to taxable years beginning after December 31, 2008.

Keep away from the white fog line

by Lyndy Moore

Recently, I joined several hundred other cyclists for a beautiful ride in the Jacksonville area.

As a Cycling Instructor for LAB (League of American Bicyclists), I try to "practice what I preach" while cycling.

On most rides, we tend to see and ride with the same folks from time to time as we pace ourselves...I pass you before the rest stop, you pass me after the rest stop and so forth.

For about 10 miles, I had seen a cyclist wearing a Team Blue jersey riding all over the road. Several times I thought, the guy on the recumbent riding predictably (and wearing a very visible lime yellow jersey) must be going crazy.

As I turned onto a narrow (11 foot) roadway with no shoulders, Mr. All-Over-The-Road and Mr. 'Bent turned behind me. Behind them was a motor vehicle.

No oncoming traffic for MILES on this two lane road. Mr. Motorist trails behind, waiting for a safe moment to pass.

I am riding the recommended 30 inches from the white edge line. In teaching vehicular cycling, we know that road position is our strongest safety technique.

If a cyclist rides on the white edge/fog line, and a motorist squeezes by, the cyclist has no place to go, except off the roadway.

If a cyclist rides on the white edge/fog line, and a motorist squeezes by, the cyclist has no place to go, except off the roadway.

Once that journey down the road edge begins, there is no re-entry, due to the dynamics of the road edge and bicycle tire – there is not enough rubber surface to grab and re-enter the roadway; crashing on the side of the road (versus crashing ON the road in the path of the vehicle) is your only best option.

Also, riding along the 18 – 36 inches from the road edge, a rider has maneuvering room in case of obstacles in the path:

- ☐ longitudinal cracks or changes in road surface (very dangerous – ask the riders who crashed going from asphalt to concrete)
- ☐ glass/sand/holes in the roadway
- ☐ debris (from crashes, storm debris, items fallen from a vehicle, etc.)

Dynamics of "sharing" a lane require, at minimal:

- ☐ 8' for a vehicle (big trucks, RV's, etc. need 10' or more)
- ☐ 3' for a bicycle (width of bicycle, plus mirror/elbows)
- ☐ 3' for the Florida Passing Law requirement
- ☐ 14' TOTAL LANE WIDTH REQUIRED

As you can see, an 11' lane just does not mathematically allow this positioning.

The solution? The cyclist maintains their riding position, riding straight, steady and predictable AWAY from the white line. The motorist passes when safe and no oncoming traffic, even crossing the yellow line and moving a few feet into the opposing lane of travel.

Once safely past the cyclist, the motorist moves back to the right and continues on his or her journey. Only a moment delay in their travel to wait to pass, and the cyclist, too, safe and continuing on his/her way.

The reason I mention the correct positioning, is that Mr. Team Blue called me an inconsiderate A%#-hole for not moving ALL the way over to the right edge as he and Mr. 'Bent did. Not only did he curse at me before the car passed, Mr. Team Blue cursed at me as he pedaled past me.

But guess what? I maintained my position, Mr. Considerate Motorist passed all 3 of us (two hugging the edge and me 30" away

Please see **fog line**, page 12

Safe Routes to School pilot program includes health, traffic safety lessons for bikes/peds

Walking the Walk! Toni Moody, MD and the Health Masters Club (HMC) staff, in partnership with the Orange County Health Department and Florida Department of Transportation, piloted a Safe Routes To School (SRTS) Program at Wheatley and Ivey Lane Elementary Schools.

The mission of HMC is to promote a healthy lifestyle and prevent childhood obesity and related illness. Step Up to School Wellness Team Nutrition Challenge and Safe Routes To School was created by Dr. Moody to bring the energy balance equation (Calories In/Calories Out) to students, families, teachers and administrators.

The goal is to increase the number of students who walk and bike to school.

Dr. Moody and her team provide education, technical assistance, resources and monetary grants to participating schools that become members of the Healthy School Team.

Bike and traffic safety lessons are taught, along with nutrition education, during school and presented at PTA/SAC meetings.

Wheatley Elementary went the extra mile by organizing volunteers to beautify their campus. As SRTS graduates, each school chose teachers to get certified to continue the program in school year 2008 – 2009.

Two additional schools will launch their program in the Fall.

HMC awarded SRTS grants:
Wheatley Elementary \$2500.00
Ivey Lane Elementary \$1500.00
Apoka Elementary \$1000.00
Lake Silver Elementary \$1000.00

Congratulations to the Health Masters Club for taking the lead to a healthier community! To learn more about Health Masters Club, visit www.HealthMastersClub.org or call 407- 401-2558.

Loop to be part of Bike Florida's new Fall Tour *continued from page 1*



Bike Florida will lead the invitational fall tour scheduled for November 15-22. Bike Florida Executive Director Linda Crider says the event will start a new annual fall ride for the touring organization. Its spring rides, begun in 1994, annually draw from 700 to 1,000 cyclists.

"There's never been a route this long with its year-round potential for attracting cyclists on their own and visitors from outside Florida," says Crider.

"It's ultimate green tourism. You can bring your bike down on the train to Palatka, cycle a week to 10 days, ride the train home without ever having gotten in a car."

If Bike Florida's inaugural tour starts and ends in Palatka, cities all along the route will become their own starting and ending points. Crider says that a Bike Florida website will identify lodgings, restaurants and sites of interest everywhere the route covers.

Region of the loop is one of Florida's most wildflower profuse, says chief DOT landscape architect Jeff Caster. Plans call for additionally seeding wildflowers at trailheads and crossroads, and for positioning the route as Florida's first wildflower loop.

Others chiefly helping organize the loop, says Crider, include Florida's Office of Greenways and Trails, East-Central Florida Regional Planning Council, the East Coast Greenway Alliance, St. Johns River Alliance, Trust for Public Land, River of Lakes Heritage Corridor, and the Florida Wildflower Foundation.

Trail riders will pass through historic St. Augustine, the "Birthplace of Speed" cities of Ormond Beach and Daytona Beach. They'll cross Ponce Inlet by water taxi and have access to Kennedy Space Center.

They'll visit the abandoned site of an experimental magnetic levitation train, ride through ghost towns, and elsewhere tour along the St. Johns River and the sea.

In West Volusia they'll pedal newly in-place sections of the Spring-to-Spring Trail, and will enjoy lunch at the Old Spanish Sugar Mill Pancake House in DeLeon Springs State Park.

OGT goals closely aligned with FBA

continued from page 1

Annual Achievement Award presented by the Coalition for Recreational Trails in conjunction with Great Outdoors Week 2008, an annual gathering in Washington, D.C. of America's recreation community leaders to recognize accomplishments in trail accessibility enhancements.

The projects and efforts of OGT can potentially affect the health and well-being of every citizen of Florida while at the same time offering transportation options and protecting and enhancing the environment.

The Foundation was established to support these efforts. In these times of a shrinking state budget, maintaining and increasing the services and work of the OGT has become difficult.

State regulations do not allow direct gifts, bequests, grants or endowments directly to any state program. The Foundation was established to address these restrictions.

Since the Florida Greenways and Trails Foundation, Inc., is recognized by the Internal Revenue Service as tax-exempt under section 501(c)(3) of the Internal Revenue Code, donations to the Foundation are tax-deductible.

As an example of recent projects, the Foundation has been the conduit for donations that have built two Boundless® Playgrounds, a pavilion on the Cross Florida Greenway, and

future improvements on the Jacksonville-Baldwin Rail Trail, as well as providing funding for Developer's Forums to educate developers, local governments and their consultants to the benefits and technical aspects of greenways and trails and the importance of interconnectivity.

The scope and needs of OGT and the Foundation are significant and are closely aligned with the nature of the Florida Bicycle Association. For these reasons, FGTF is asking you to become a member of the Foundation.

The Foundation welcomes any level of membership. Supporting the efforts of OGT is an excellent way to GO GREEN!

You can learn more about the FGTF and join at the web site, www.fgtf.org, or email us at info@fgtf.org.

Photo: DEP Office of Greenways & Trails



ROADS LESS TRAVELED...

Polk County offers endless opportunities for extreme family fun. Cyclists can pedal along rolling country roads or attack our off-road trails. Enjoy high-energy excitement with roller coasters and water skiing, or try your hand at bass fishing and golf. Experience award-winning theatres and museums, celebrate nature with an airboat ride or a relaxing walk in one of our beautiful gardens. Central Florida Lakes District offers you the vacation value you deserve.

For more information and a free guide to Central Florida Lakes District call 800/828-7655, code FB or log on to www.visitcentralflorida.org.

FBA Jerseys!

The new FBA jerseys are here! And we can guarantee you'll look a lot better in one than this guy, so get yours today. Available by phone or via the FBA Store on the website. \$70.



Show your FBA colors proudly and help promote the new 3-ft law and the Share the Road license plate campaign. Supply limited. Order online today!

www.floridabicycle.org 352-468-3430



Manning the booth at the Mount Dora Bike Festival on October 11 were (seated, from left to right) FBA member Brian Field of Orlando and FBA member and Boca Raton Bicycle Club president Bob Sabin.

FBA Annual Awards presented at ProBike®/ProWalk Florida conference

Florida Bicycle Association annual awards are presented to worthy recipients for their contributions to bicycling.

The purpose of the awards is to bring attention to the efforts and achievements of groups, organizations and individuals that help deliver our mission to inspire and support people and communities to enjoy greater freedom and well being through bicycling.

The 2008 awards were presented during the annual meeting held in conjunction with the fourth annual Pro Bike®/Pro Walk Florida Conference.

Road Club: BOBBies
Mary Lu Carpenter, President

The goals and mission of the BOBBies are to create a community of women cyclists helping each other to learn and improve cycling skills, as well as to promote safety, fitness and health through advocacy and education.

Specifically, the club helps women enter the sport and become confident and proficient cyclists, provide a women-friendly training environment for courses and workshops, create a resource for information on women's health, nutrition, endurance sports, cycling safety, create a fitness-oriented social environment which is welcoming and encouraging to women, promote safe riding within the pace line, promote safe considerate and responsible riding on the road, advocate better cycling conditions and traffic safety in the community.

This past spring, the leaders of the Central Florida cycling community got together with a goal of communication, improving the image of the Central Florida cyclist and raising money to get signs on local buses to promote the three-foot rule.

The BOBBies were already working on a social event, a bowling competition between the local bike clubs. The social event became a fundraiser and what a fundraiser it was.

Titled the Cycling Smack down, over 170 people met at the Aloma Bowl and raised over \$2,500 to have local LYNX buses painted with a logo to promote cycling safety.

Everyone present had a great time. The Commuteorlando.com website has pictures of both the buses and the bowling event.

The BOBBies offer education for new women cyclists. The program, titled BITS (BOBBies in Training) has been the launch



FBA annual awards for license plate sales were awarded at the Florida Tax Collectors Fall Conference in Destin. The Honorable Dennis W. Hollingsworth, St. Johns County Tax Collector (above) received the top award. The Honorable Doris Maloy, Leon County Tax Collector, was runner-up.

pad for many Central Florida women to get started with cycling in a safe environment.

The BOBBies club offers training for century rides and education opportunities throughout the year on topics such as nutrition, injury prevention, and bicycle maintenance to name a few.

Off-road Bike Club: Florida Mudcutters, Inc. Connie Kurash, President; Mike Rodgers, Volunteer

The Florida Mudcutters' accomplishments include a long list: growing volunteerism for Lee County Parks & Recreation, added two miles of an advanced mountain bike trail within the past year, and now the park has many more visitors using 12 miles of single-track trails (use has increased enough that

continued on page 10

LAW OFFICES OF J. STEELE OLMSTEAD, P. A.

J. STEELE OLMSTEAD, ESQ.

Two-wheeled lawyer

A fellow two-wheeler assisting injured two-wheelers since 1985

State Wide Practice

Free Telephone Consultation. I'll come to your home, office, ER or even favorite trail.

800-535-3002 Answered 24/7

Main office: Tampa, Florida but I'll fly to meet you.

The hiring of a lawyer is an important decision which should not be based on advertising alone. Please call for a listing of qualifications.

©2005 J. Steele Olmstead, P. A.



FBA annual awards

Continued from page 9

there's a need to increase the parking area), working closely with Lee County on a project to create a BMX area, building an alliance with Lee County Parks & Recreation to merge efforts to make improvements for the mountain bike trail.

The Club now has a much healthier relationship with the county managers and their goals are to continue to improve the current mountain bike trail for all users, beginner, intermediate & advanced.

Each year the club concentrates not only on trail maintenance but also works on trail improvement projects. The bike trail is now used by race promoters, (River Roots & Ruts Run, Adventure Triathlon, Xterra Florida State Championship Series, & Coconut Cup Series).

The increase in usage from the race promoters will also increase business in Lee County; many of the racers are from out of town and will use the hotels and restaurants.

For the past eight years the Mudcutters have offered a free riders clinic to the public to help build mountain bike skills.

They established a nationally recognized Mountain Bike Patrol group through IMBA to assist fellow riders with mechanical needs, first aid, CPR (7 first-aid and CPR trained patrollers), directions, & map reading.

The bike patrol helps to be the eyes & ears for the county. The Mudcutters are a not-for-profit group that provides a community service by maintaining the bike trail for an exhilarating form of exercise that is available to everyone.

Education Program: Joan Bernat National Mountain Bike Patrol

Joan has been a never-tiring leader and worker for the Ocala Mountain Bike Association for the past few years. As director, she has expanded the National Mountain Bike Patrol from 12 to 50 trained members.

OMBP educates riders on safety (helmets, hydration, maps), assists riders as needed (basic bike repair, CPR, First Aid trained), and informs riders of trail changes and policies.

The Bike Patrol serves as an invaluable user-group communication tool. Joan has managed to include those crazy downhill riders and jumpers in the land manager's plan for safety. This group is not typically "joiners" of clubs and perceives themselves as rebels.

OMBA's work with OGT (land managers of the Santos trail system) included the goal of improved safety (through design) and helmet use.

The jumpers are a part of the OMBP and helmet use has significantly increased, thanks to Joan's efforts.

Joan recruits new Patrollers, arranges for training (reserves rooms, schedules CPR, food, supplies, trail plan) a few times a year. She then follows up with their gear, jersey orders, and monthly reporting of hours.

These volunteer hours are then forwarded to the DEP and OGT, as well as IMBA. Recently, due to OMBP's success in training and volunteering, Joan was invited to join IMBA's NMBP planning board. Her idea of

another level of patroller has been well received to increase the program in the Freeride realm of mountain biking.

Joan also serves OMBA as a website master and Festival assistant director/registrar.

Joan was also highly recommended by IMBA for her work with the National Mountain Bike Patrol. Joan has been an instrumental part of the program as a patroller and a leader. Her significant local knowledge and experience are complimented by her big-picture awareness, gained as a member of the NMBP's Advisory Committee.

As a volunteer with that national-level group, she's provided many positive contributions.

Educator/Regional Trainer: Yakuri Takata Narrative to be provided in the next issue

Supporting Agency: Sarita Taylor Bicycle/Pedestrian Coordinator, Florida Department of Transportation District 1

Hendry County, and all the counties in District 1, has been most fortunate to have Ms. Taylor as the bicycle/pedestrian coordinator.

The county is very new to the bicycle-pedestrian advocacy scene and Sarita has been the "go-to" person for advice, information, help and support. She has attended countless meetings for various groups in LaBelle, and she does the same for all the other counties.

At times promoting these issues in a county where these concepts have historically been low priority can be very frustrating. Whenever it seems that little progress is occurring, Sarita is there with unending enthusiasm.

She encourages, and cajoles, as necessary, to keep things moving. She attends bike rodeos, bike safety days, health fairs ensuring the messages of safety and courtesy get out.

Sarita is unfailingly cheerful, passionate, always helpful, and prepared. She exemplifies the highest qualities of a Bicycle Pedestrian Coordinator.

Program: Tom Sharbaugh President, Sanibel Bicycle Club, Bicycle Safety Education Program

Tom thinks safety and education are crucial and immediately attacked these issues upon becoming president of the Sanibel Bicycle Club.

He designed a multi-faceted Bike Safety Education Program to educate visitors and residents of Sanibel. The City's almost 23 miles of shared use paths are mostly side paths and have numerous driveway intersections.

These paths have a wide variety of users, many of whom are on vacation or out exploring. When you combine new path users with a new motorist every day and add new residents, safety for road and path users becomes a huge issue and complicated challenge.

Tom organized the program to focus on eight safety issues with a variety of marketing materials including: plastic bike tag signs

displayed inside rental bike baskets, posters, fliers, coloring-book style place mats for children in restaurants.

He then developed and coordinated publicity, an advertisement series in the local newspaper, a budget and a Share the Road mini grant application to FBA.

He also worked with the local chamber of commerce to print materials in house, worked with a local cartoonist to design the graphics and received complete support from the Sanibel Bicycle Club.

He also coordinated the written copy for the materials with the City of Sanibel and FBA Board Member Dan Moser. Before the program was shared with the community, Tom wrote ten bike safety songs (to the tunes of popular songs) and with more than a dozen club members, performed skits for each song at one of the Club's monthly potluck dinners.

He also worked with the editor of the local newspaper to create a series of ads to include all the safety tips. Posters were hung in shop windows, restaurants and community bulletin boards.

The island was canvassed for who could or would use which marketing materials. In addition to the tags being used by the bike rental companies, it was also decided they would be installed on city and private bike racks. The City of Sanibel Public Works Dept. installed the tag near bike racks at all the public beaches.

Bicycle Professional: Jeff Cohen, P.E. Bicycle/Pedestrian Coordinator ~ Miami-Dade Public Works Department

Jeff Cohen serves as the Bicycle/Pedestrian Coordinator for the Miami-Dade Public Works Department as part of his duties as the Assistant Chief of the Traffic Engineering Division.

Under his leadership that department has become a leader in South Florida in the development of better facilities for bicyclists and pedestrians. Jeff has worked hard to change attitudes towards bicycling among the engineering staff.

In the last few years over 20 miles of new bike lanes have been incorporated into more than a dozen road projects including the very popular but challenging Rickenbacker Causeway improvements.

Another 20 miles of new bike lane projects are currently in development. Jeff has also championed the revival of the Miami-Dade County Safe Routes to School program, the use of roundabouts and other traffic calming devices, the development and improvement of shared-use paths in appropriate locations.

The example set by the Miami-Dade Public Works Department has begun to spread to local governments such as the cities of Miami and Miami Beach which are now developing ambitious bicycle plans.

Jeff spends many evenings at public meetings building support for his projects including monthly reports to the MPO's Bicycle/Pedestrian Advisory Committee. The work that he is doing will continue to pay dividends to the residents of Miami-Dade County long into the future.

Citizen Bike Advocate: Jeffrey Lynne

Jeff has been committed to improving conditions for the cycling community for years. In a word, he's been described as unstoppable. Jeff has worked tirelessly within the cycling community as well as with municipal governments, and local, state and national advocacy organizations.

Most notably, Jeff was the driving force in behind the lawsuit that resulted in the tremendous victory for cyclists everywhere with the State Road A1A case.

Citizen Bike Advocate: Larry Silverman

Larry and Jeff Lynne should share the lime-light of Citizen Bike Advocate since Larry was the lead attorney during the litigation of the State Road A1A lawsuit. After 17 years of large firm experience, including acting as head of the 75 lawyer litigation section of Miami's largest law firm, Larry started a boutique firm, specializing in class action defense but doing some very select plaintiffs work as well.

Volunteer: Mike Gladwin

Mike's dedication to the Get Active Orlando bike giveaway events makes him a worthy recipient of the Volunteer of the Year award. Without the support of Mike, these bike giveaways would not have been possible.

Get Active Orlando receives free confiscated bikes from the Orlando Police Department, has them repaired and distributes them to individuals who cannot afford one on their own. Bikes have been distributed to Orange County Health Department adult clients and youth through the City of Orlando's CityTeenz program.

Free helmets, lights, locks and safety education are also given to recipients. As a member of the Florida Freewheelers, Mike supports these bike giveaways by repairing the bikes at no charge.

He has repaired bikes for three of these events in 2007, repairing over 30 bikes for Get Active Orlando to distribute. He does these repairs on his own time and does so with a happy heart.

Recently, the Florida Freewheelers have made a commitment to Get Active Orlando to pay for bike parts, as well as provide free labor to repair bikes.

Trail Promoter: Denny Mihalinec

Denny has spent the last ten years promoting new trail head parks and extensions in a low income community which in return has brought a positive change in the area of Trilby and East Pasco County.

More children are riding bikes, skateboarding, walking, and running due to these new features. His goal is to make sure that all poor children have a bike or skate board in Trilby, the community he was raised. He has been a youth director, founder of a non-profit organization, honorary mayor, a captain for toys for tots which helps low income

Continued on page 12

Selected State-wide Contacts

Here's whom to call about your bicycle/pedestrian/transportation concerns.

We ran out of room, so many contacts are not included. Go to www.floridabicycle.org/statecontacts.htm for the complete list.

AGENCY/functional responsibility	NAME	TELEPHONE	E-MAIL	Other organizations
FDOT Central Office				
State Pedestrian & Bicycle Coordinator	Dennis Scott	850.245.1527	dennis.scott@dot.state.fl.us	
State SRTS Coordinator	Pat Pieratte	850.245.1529	pat.pieratte@dot.state.fl.us	
Asst. Ped & Bicycle Coordinator	Dwight Kingsbury	850.245.1520	dwight.kingsbury@dot.state.fl.us	
Florida School Crossing Guard Program Administrator	Providance Nagy	850.245.1757	providance.nagy@dot.state.fl.us	
Ped-bike traffic safety grants	Ralph Salvas	850.245.1526	ralph.salvas@dot.state.fl.us	
ADA Coordinator	Dean Perkins	850.414.4359	dean.perkins@dot.state.fl.us	
Roadway Design	Mary Anne Koos	850.414.4321	maryanne.koos@dot.state.fl.us	
Systems Planning		850.414.4906		
Transit Planning	Amy Datz	850.414.4239	amy.datz@dot.state.fl.us	
District 1				
Ped-Bike Coordinator	Sarita Taylor	863.519.2216	sarita.taylor@dot.state.fl.us	
Safety Prgm Manager	Michael Kautz	863.519.2522	michael.kautz@dot.state.fl.us	
CTSP Coordinator	Debra Stallings	863.519.2347	debra.stallings@dot.state.fl.us	
Charlotte County MPO	Gary Harrell	941.639.4676	harrell@ccmpo.com	
Collier County Community Development/dvlpmt review	Russ Muller	239.403.2462	russmuller@colliergov.net	
Lee County MPO	Ron Gogoi	239.338.2550x239	rgogoi@swfrc.org	
Lee County DOT	Andy Getch	239.479.8510	getchaj@leegov.com	
Manatee County		941.749.3070		
Polk County TPO	Ryan Kordek	863.534.6558	ryankordek@polk-county.net	
Sarasota County	Irene Maiolo	941.816.0891	maiolo@scgov.net	
District 2				
Ped-Bike Coordinator		904.360.5631		
Safety Engineer		904.360.5629		
CTST Coordinator	Andrea Atran	904.360.5416	andrea.atran@dot.state.fl.us	
City of Gainesville Trans. Services/Bike-Ped Coordinator	Dekova Batey	352.334.5074	bateydt@cityofgainesville.org	
First Coast MPO Elizabeth	DeJesus	904.306.7505	edejesus@fcmo.com	
Duval County Health Dept/Injury Prevention	Stephen McCloskey	904.630.3300x2308	stephen_mccloskey@doh.state.fl.us	
District 3				
Ped-Bike Coordinator	Zena Riley	850.415.9756	zena.riley@dot.state.fl.us	
Safety Prgm Manager	Jonathan Harris	850.415.9516	jonathan.harris@dot.state.fl.us	
CTST Coordinator-West	Barbara Lee	850.415.9231	barbara.lee@dot.state.fl.us	
CTST Coordinator-East				
Panhandle MPOs (West Fla RPC)	Brian Youpatoff	800.332.7976x224	brian.youpatoff@wfrpc.org	
Capital Region Transportation Planning Agency (MPO)	Peter Koepfel	850.891.8090	koepfelp@talgov.com	
District 4				
Ped-Bike Coordinator	Larry Hymowitz	954.777.4663	larry.hymowitz@dot.state.fl.us	
Safety Prgm Manager	Gilbert Soles	954.777.4358	gilbert.soles@dot.state.fl.us	
CTSP Coordinator	Carmen Pullins	954.777.4361	carmen.pullins@dot.state.fl.us	
City of Boca Raton Muni. Svcs Eng/trans analyst	Joy Puerta	561.416.3410	jpuerta@ci.boca-raton.fl.us	
City of Boca Raton PD/traffic safety educ	Lori Wheeler	561.620.6056	lwheeler@ci.boca-raton.fl.us	
Broward MPO/Special Projects & Bicycle Coordinator	Mark Horowitz	954.357.6641	mhorowitz@broward.org	
City of Delray Beach Parking Mgmt	Scott Aronson	561.243.7286	aronson@ci.delray-beach.fl.us	
City of Ft Lauderdale Plan/Zoning Dept/Bike/Ped Coord.	Adrienne Ehle	954.828.5798	aehle@fortlauderdale.gov	
Martin County MPO		772-288-5484		
Palm Beach Cty MPO/Bike-Ped-Greenways Coord.	Bret Baronak	561.684.4163	bbaronak@co.palm-beach.fl.us	
District 5				
Ped-Bike Coordinator	Joan Carter	386.943.5335	joan.carter@dot.state.fl.us	
Safety Engineer	Anthony Nosse	386.943.5334	anthony.nosse@dot.state.fl.us	
CTST Coordinator	Barry Wall	904.943.5324	barry.wall@dot.state.fl.us	
Brevard County Trans./Bike-Ped-Trails Prgm Coord.	Barbara Meyer	321.690.6890	bmeyer@brevardmpo.com	
Brevard County Transportation/traffic safety education	Kim Smith	321.690.6890	ksmith@brevardmpo.com	
Lake-Sumter MPO/Transportation Coordinator	Michael Woods	352.315.0170	mwoods@lakesumtermo.com	
City of Orlando Trans. Planning/bicycle-pedestrian		407.246.3347		
Metroplan Orlando (MPO)/Bike-Ped Coordinator	Mighk Wilson	407.481.5672x318	mwilson@metroplanorlando.com	
Seminole Cty Trails & Greenways/Engineering tech		407.665.2093		
Volusia County MPO/Bike-Ped Coordinator	Stephan Harris	386.226.0422x34	scharris@co.volusia.fl.us	
District 6				
Ped-Bike Coordinator	Ken Jeffries	305.470.6736	ken.jeffries@dot.state.fl.us	
Safety Engineer		305.470.5722		
CTST Coordinator	Carlos Sarmiento	305.470.5335	carlos.sarmiento@dot.state.fl.us	
City of Key West/ADA & bicycle-pedestrian coordinator		305.809.8355		
City of Miami Beach/bicycle program coordinator	Marija Surev	305.673.7080	msurev@miamibeachfl.gov	
Miami-Dade County MPO	David Henderson	305.375.1647	davidh@miamidade.gov	
Monroe County Planning	Townsley Schwab	305.289.2506	schwab-townsley@monroecounty-fl.gov	
District 7				
Ped-Bike Coordinator	Lori Snively	813.975.6405	lori.snively@dot.state.fl.us	
Safety Engineer	Peter Hsu	813.975.6251	jeanette.rouse@dot.state.fl.us	
City of Clearwater/Bicycle-Pedestrian Coordinator	Felicia Leonard	727.562.4852	felicia.leonard@myclearwater.com	
Hernando County MPO	Steve Diez	352.754.4057	stevend@co.hernando.fl.us	
Hillsborough County MPO/Bike-Ped Coordinator	Gena Torres	813.273.3774x357	torresg@plancom.org	
Hillsborough Cty Public Wrks/Eng Tech, bike-ped coord.	Deborah Carreno	813.307.1852	carrenod@hillsboroughcounty.org	
Hillsb. Cty Public Wrks/Mgr, Bike, Ped & Sch Sfty Prgrms	Gary Tait	813.307.1871	taigt@hillsboroughcounty.org	
City of Pinellas Park/Planning	Ron Hull	727.541.0704	rhull@pinellas-park.com	
Pinellas County MPO/Bike-Ped Coordinator	Brian Smith	727.464.8200	bsmith@co.pinellas.fl.us	
City of St. Petersburg Trans & Prkng/bike-ped coord.	Cheryl Stacks	727.892.5328	cheryl.stacks@stpete.org	
City of Tampa Public Works	Jan Washington	813.274.8303	jan.washington@ci.tampa.fl.us	
City of Tampa/Parks & Rec Dept/Grnway & Trail Coord.	Mary Helen Duke	813.231.1332	mary.duke@tampagov.net	

FBA annual awards

continued from page 10

children get bikes and other items. The Florida Greenway system already includes multiple locations in Pasco: the Suncoast Trail running parallel to the Suncoast Parkway; the Pithlachascotee River Trail; the Hillsborough River Trail, which actually begins in Pasco before meandering south; and the Withlacoochee State Trail, which ends in Trilby. Advocates are seeking connections to trails elsewhere.

Trilby community activist Denny Mihalinec, is reminding east Pasco residents to continue lobbying for a trail to link Trilby to Dade City and further south. It is easy to

lose patience because of the slow pace of developing recreational trails, but Denny's persistence is gaining dividends and he is only 35 years old.

Special Recognition: Bob Gabordi
Executive Director ~ Tallahassee Democrat, NE Chronicle, Eastside Chronicle

The Tallahassee Democrat started two community newspapers around April 2006. Since then they have printed every article (17) nominator Joe Barnett, has submitted on bicycling and some 2-3 times. They have

printed articles on the new Big Bend Bicycle Festival, Happy Hour bicycling after work on Fridays, the Krank it Up bicycle community bicycle shop, the Holiday Bicycle Parade, the Mountain Bike Trails and Workshop, the St Marks Rails to Trails, Commuting by Bicycle, Bicycling to Work Dangers, Killlearn Lakes Bicycle weekly bicycle ride, the Capital City Cyclists bicycle club, and Tips on bicycle commuting.

The president of the Capitol City Cyclists has not heard of anyone not getting a bicycle article printed as well. The main paper has also printed many articles on bicycling, many of which are about crashes and comments of the bicycle community.

They have printed My View letters to the editors from bicyclists including ghost bikes and lack of enforcement on dangerous drivers. CCC member David Stotts also has a regular bicycle racing column.

Special Recognition: Keri Caffrey

When it comes to citizen advocates, Keri Caffrey immediately comes to mind. Perhaps

it is because she has developed three local/state websites dedicated to cycling.

Keri has controlled the BOBBies website for years now with a grand pay of \$0 and as if that wasn't enough she started the [commuterlando.com](http://www.commuterlando.com) website to aid in the promotion of bicycling commuting.

Obviously, she does not do this for fame, glory or monetary gain. Keri has a spirited dedication to cycling in all forms. She is a League Cycling Instructor and leads the training program for the BOBBies, plus has developed many of the riding/route maps that Central Floridians use on a regular basis.

This past year, when cycling made the local news as one municipality complained about group cyclists, Keri represented the cycling community in the media. She was a great spokesperson. The combination of her knowledge and easygoing persona led the non-cycling community to understand that cyclists are people too.

Keri's work can also be seen on the new FBA jerseys, new cover of Florida Bicycling Street Smarts and soon to be released FBA program brochure.

2009 Bike Florida (March 29 – April 4)
"Come Ride with Us"

Join the 16th Bike Florida
Madison – Monticello – Wakulla – Florida State Capitol
And back!

Contact Bike Florida at:
info@bikeflorida.org
ph: 352-244-0062
www.bikeflorida.org
PO BOX 5295 Gainesville FL 32627

BIKE FLORIDA

Bed, Breakfast & Bike Florida

by Dale V. Lally, Jr.

This informative guide describes several dozen wonderful inns or B&Bs, with at least two rides originating from each inn or nearby.

Accommodations are described down to the smallest nuance; rides are illustrated by handy maps and detailed cue sheets. *Bed, Breakfast & Bike Florida* features one circular route and five interconnected cross-Florida routes covering areas from Pensacola in the panhandle to Key West in the southeastern part of the state.

"Touring by B&B" is a great way to see more of Florida.

An avid cyclist, Dale was a longtime member of the Broward County Bicycle Advisory Committee and was an FBA advisory board member. He passed away in mid-2004 while attending the Tour de France.

Bed, Breakfast & Bike Florida

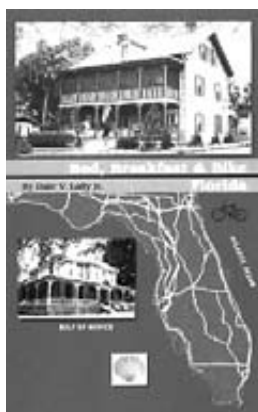
by Dale V. Lally Jr.

ISBN: 0-933855-24-9

208 pages, paperbound, \$16.95

Order from www.anacus.com/bb.html or Amazon.com

Do you have a favorite B&B or inn you've encountered on a bicycle trip? Send us the details (or point us to a Web site) and we'll feature it in the *Messenger*.



Fog line lessons

continued from page 7

from the edge) by going slightly into the opposing lane – remember there was no oncoming traffic for miles – instead of trying to squeeze by us! What a concept!

In addition to the safety issues for us, allowing the motorist to squeeze by invites him/her to violate the 3' passing law which could result in their receiving a traffic citation. It's your space – keep it!

After this pair passed me, we encountered a nice, new section with a paved shoulder. Again, I shook my head as Mr. Team Blue road on the white line, then 3" to the left of the line, then 1 foot to the right in the shoulder and then back on the line for the next 1/2 mile. I don't know HOW Mr. 'Bent got back

to the ride start without being dizzy watching all that weaving along the roadway for the 66 miles.

So, cyclists, heed the advice Mr. Team Blue got from me as he passed – take a bicycle safety class and learn correct road positioning. And don't curse at riders as you pass – especially if YOU are the one riding in an unsafe manner.

Note: The Florida Bicycle Association has a wonderful booklet, FLORIDA BICYCLING STREET SMARTS that covers correct road positioning, lane changes, turns, and more.

And it's FREE by contacting FBA. Or, take a bicycle safety class and get your riding buddies to join you. It's all about being safe on the roadway.

The mission of the Florida Bicycle Association (FBA) is to inspire and support people and communities to enjoy greater freedom and well being through bicycling.

The Florida Bicycle Association was incorporated in 1997 for educational and charitable purposes. FBA is a nonprofit, tax-exempt corporation under Section 501(c)(3) of the Internal Revenue Code. Donations, including membership dues, are tax deductible. A copy of the current financial statements may be obtained by contacting FBA, P.O. Box 718, Waldo, FL 32694. To join FBA complete the form in this newsletter and send with your dues, or join online at www.floridabicycle.org.

The *Florida Bicycle Association Messenger* is published quarterly as a service to members and advocates for a bicycle-friendly Florida by the

Florida Bicycle Association, P.O. Box 718, Waldo, FL 32694.

www.floridabicycle.org;

e-mail: laura@floridabicycle.org;

Phone: 352-468-3430.

Membership in FBA includes a subscription to the *Messenger*.

The *Messenger* accepts and welcomes your advertising! Please see the Website for rates and specifications or e-mail laura@floridabicycle.org. Publishers reserve the right to review advertising content and to reject advertising that, in the opinion of the Association, is neither in the best interest of FBA's members nor its goals and objectives. Although we carefully review articles and information submitted, FBA is not responsible for the information or opinions contained herein unless explicitly stated as official policy of FBA.

© 2008 Florida Bicycle Association All rights reserved.

Upcoming Bicycle Touring Events in Florida

ABRIDGED from promotional material provided by tour organizers. We're not responsible for accuracy of information or quality of these rides. Use the contact information for more details about each ride. Ask your friends. Data are from a calendar maintained by Roger Pierce. To add an event to his (and our) calendar, e-mail to fbtc@piercepages.com. See complete calendar, including many out-of-state rides we don't have room to print here, and all the hype we edited out at www.floridabicycle.org/fbtc/.

November 2008

November 2 (Sun) *Lakewood Ranch Gulf Coast Cycle Fest*

100/62/31/15 miles. Registration opens at 6:45 am (location of start TBA), Century 100 mi ride to start at 8 am; 62 mi at 8:20am; 31 mi at 8:40am; 15 mi at 9 am. Join over 450 cyclists and enjoy the scenery that both Sarasota and Manatee Counties have to offer. All routes are fully supported with well-stocked rest stops. SAG vehicles will be provided. Routes will be well marked and route maps will be provided. Sarasota-Manatee Bicycle Club, PO Box 15053, Sarasota, FL 34277 www.smbc.us/Cyclefest.html

November 2 (Sun) *Heathrow Salute to Freedom Bike Ride 2008*

100/66/30 miles. Registration opens at 7 am in the parking lot of AAA, located on International Parkway. Ride through scenic back roads in north Seminole County and south Volusia County. Information (407)841-9839 X31 (Sandra). <http://salutetofreedombikeride.com/> Active.com Online Registration

November 2 (Sun) *Lehigh Acres Everyone Rides*

A charity fun ride to buy bicycles for children currently involved with the Boys and Girls Clubs of Lee and Collier County Florida. 4 separate Loops. Start staggered beginning at 7:30. 100/62/30/15 miles. www.everyonerides.org/ Active.com Online Registration

November 2 (Sun) *Cooper City South Broward Wheelers 24th Annual Century*

Sponsor: the i Gen Group
100/62/32 miles. Registration and packet pick-up on Nov. 1 @ 7:30 a.m. and day of ride, Nov. 2 @ 6 a.m. Warm-up rides on Nov. 1 with free continental breakfast afterwards. All rides start from Brian Piccolo park in Cooper City. Fully-stocked rest stops, marked route with SAG service. Post-ride pasta lunch and massage. T-shirt & giveaway to first 350 registrants. Helmet required/no headphones. South Broward Wheelers, 2881 SW 85 Way, Davie, FL 33328. www.southbrowardwheelers.com Active.com Online Registration

November 8-15 *Key Largo BubbaFest Florida Keys*

Ride starts and ends in Key Largo while biking through the keys to Key West and back. 30 miles/day average allows you the chance to enjoy many non-cycling activities. Key West lay-over exploration day. \$575 for seven day, six night camping tour with motel options. Most breakfasts and dinners, route sheets, sag support, and baggage shuttle included in the registration fee. Complete details from web site. Bubba, PO Box 560189, Rockledge, FL 32956. 321-759-3433. www.bubbafestbiketours.com/

November 8-9 *Tampa Ride Without Limits*

Two-day bike tour benefiting United Cerebral Palsy. Up to 200 miles over 2 days (ride-end options at 50-mi increments) Contact: Christy Van Heugten phone: (888)547-3239 x813. www.ridewithoutlimits.org/

November 8 (Sat) *Bartow Tour de Tow (Bartow)*

66/33/18 miles. Tour the scenic backroads of southern Polk County. Gently rolling roads across the Peace River basin, through expansive citrus groves and around old Florida backwoods around Lake Buffum. Suitable for a variety of skill levels. A few notable Florida "Alps" [hills] and a 4 mile section of well-maintained cobblestone road along the Metric Century route. Active.com Online Registration

November 9 (Sun) *Port Charlotte 6th Annual FUNride*

(2007 info) Benefits the Charlotte County Homeless Coalition. 63/30/9 mile routes begin at the Cape Haze Pioneer Trail at CR 771 and CR 776 with routes in Rotonda and South Gulf Cove. Start times beginning at 8:30 AM. Packet pickup and onsite registration begins at 7:30 AM. Registration includes tee shirt, refreshments, support van and post-ride pasta hosted by Carrabba's. Helmets required. Coalition: 941-627-4313. www.cchomelesscoalition.org/

November 14-15 *Miami The SMART Ride*

The Southern Most AIDS/HIV Ride. Starting location is MorningStar Renewal Center in Miami Florida. 2 days/165 miles from Miami to Key West. Fully supported/SAG/Medical Team/Pit Stops/meals. Overnight in the Middle Keys is at Hawks Cay Resort included in \$75 registration fee. Riders commit to raise \$1200; 100% guaranteed to go to the six benefiting Florida agencies. Ride limit: 500 riders, 150 crew. Ages from 18 to 72 and all levels of experience welcome Please call 1-866-696-7701 or visit our web site: www.thsmartride.org/

November 14-16 *Brandon Alafia Fat Tire Festival*

Alafia River State Park, South of Brandon, FL. With unique topography that offers some of the most radical elevation changes in Florida, the Alafia trails are the most diverse and challenging in our riding area. Nearby Boyette's trails are forgiving enough for newer riders while still offering an exciting ride for more experienced cyclists. We have increased the amount of intermediate trail since last year's event. Guided rides at both locations on Saturday. 813-689-5109. www.swampclub.org/alafiaff.htm Active.com Online Registration

November 16 (Sun) *Dunedin MDA CHALLENGE Bike Tour*

Presented by Suncoast Cycling (formerly Diabetes Challenge) Palm Harbor. 62/31/16/6 miles. Registration opens 7 a.m. Excellent routes wander Pinellas County. Family ride on the Pinellas Trail. Great incentives for fundraising, although not required. Great food, well stocked rest stops, SAG, t-shirts to first 500. www.mdachallenge.com Active.com Online Registration

November 16 (Sun) *Clermont Horrible Hundred*

35/70/100 miles. The Florida Free-wheelers invite you to participate in one of the oldest continuous rides in

Florida, over the "mountains" of Central Florida. 8:30 am start at Waterfront Park on Lake Minnelola in Clermont. Pre-registration includes a T-shirt. Online and day of registration available. Routes well marked, rest stops every 20 miles, SAG service available. Pre-ride fruit and bagels. Hot dogs and soft drinks at the finish. RAIN OR SHINE EVENT. www.horrible-hundred.com/

November 22 (Sat) *Port Charlotte Coastal Cruisers Bicycle Club Pasta Bash*

100/50/25 kilometers on flat, lightly traveled roads. HQ at Village of Holiday Lake Recreation Center, Port Charlotte. Packet pickup Nov 21, Friday, 7-9 pm at Wine&Cheese Social or on Nov 22, Saturday, 7-9 am at continental breakfast. Pasta lunch served from 11 am-1 pm. T-shirt guaranteed if registration is post-marked before Oct 29. Well-stocked rest stop and roving SAG vehicles. Marked routes and maps. Bill Farnham, (941) 697-4515 www.coastalcruisers.net

November 23 (Sun) *Alva Caloosahatchee RiverRide*

8 AM. 15/30/40/62 miles. Help protect the Caloosahatchee and its watershed. Starts and finishes at the Caloosahatchee Regional Park (25 mi. east of Fort Myers). A flat ride through scenic parts of the Caloosahatchee watershed. Sponsored by the Caloosahatchee River Citizens Association (CRCA), P.O. Box 1165, Fort Myers, FL 33902 (239) 278-7070 www.caloosariders.com/

December 2008

December 5-7 *Sebring Highlands Bike Fest*

62/31/20/12 miles offered daily, Highlands County Century on Saturday, Dec. 6. For riders of all levels, all speeds. Generous mid-day meals included, t-shirt or duffel bag, an ice cream social, door and shop prizes. The Kenilworth Lodge. Linda Leeds, Event Director, lindamarie7@juno.com. <http://kenilworthlodge.com> Active.com Online Registration

December 7 (Sun) *Ft Lauderdale Inlet Challenge - Kid's In Distress Cycling Event 2008*

Start at 7 am. South Beach Picnic Area on A1A across from Bahia Mar. The Century route begins at South Beach Park in Fort Lauderdale and travels up A1A to the Palm Beach Inlet and circles back. The Metric turns around at the

Boynton Beach Inlet and the Half Century at the Boca Raton Inlet. Arrive no later than 6 am to ride! 954-390-7620. www.inletchallengebikeride.org/ Active.com Online Registration

December 7 (Sun) *St Augustine Victor D'Alessio Memorial River Ride*

Start Time 9 am. 30/40/50 miles, well marked routes. Riverdale Park on SR 13, in St. Johns County, FL, approximately 12 miles West of St. Augustine, FL. NO FOOD OR WATER STATIONS ON THE ROUTES. Convenience stores available if needed. All money donated will be sent to the Lance Armstrong Foundation in memory of Victor D'Alessio. Bring a covered dish to share with others after the ride(6 servings). Ice and coolers will be available. www.daytonabikeclub.org/

December 12-14 *White Springs Secret Santa Open House, Century & Cycling Weekend*

The Suwannee Bicycle Association invites you to a memorable weekend of preholiday cycling activities and festivities. Both on-road and off-road rides will be conducted each day. Secret Santa Open House is scheduled to coincide with White Springs Festival of Lights and the Christmas Parade. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347. www.suwanneebike.org/santa.htm

December 13 (Sat) *Casselberry A Bicycle Ride Through Christmas Fantasy Land*

Join hundreds of families and children on bicycles for an 11-mile Christmas tour through Winter Park neighborhoods selected for their elaborate Christmas illumination and animation. Drinks, music and snacks provided by Panera, Einstein, Starbucks and others. Ride starts at 5:45 PM and is fully escorted by law enforcement. Proceeds destined for New Hope for Kids. Ride fee: \$ 12. On site \$ 15. www.newhopeforkids.org/

December 28 - January 4 *Ft Myers Gator Country Hell Week XI*

100 mi/day loop tour of Southern and Central Florida led by former RAAM Director Nich Gerlich. (806)499-3210. www.hellweek.com/

December 28 - January 2 *Cocoa Beach Pampered Bike Tours: Florida's Space Coast*

Six day-five night all inclusive, fully supported, consigner bicycle vacation of the beautiful Space Coast of Florida. Included with registration fee: Exclusive beachside lodging, all meals, fully equipped bicycle, route sheets, ride leader, sag vehicle, daily mileage and non-biking options. Pampered is the only word which properly describes this bicycling vacation. Complete details from web site. Bubba Barron, P O Box 560189, Rockledge, FL 32956. 321-759-3433.

January 2009

January 10 (Sat) *Alachua Tour de Felasco*

50-mile Off-Road Ecotour. Friends of San Felasco CSO sponsors. Miles of fresh singletrack prepared for the Tour, the park service will open jeep and hiking trails into the heart of the Preserve's wilderness area for the event - your only chance to experience the depths of the Preserve by mountain bike. You'll be able to ride a full 50 miles without ever crossing a single paved road. Light breakfast, sag stops every 15 miles, and lunch provided. www.sanfelasco.net/

January 10 (Sat) *Cape Coral The 19th Annual Tour de Cape*

15/31/62/100 miles in west and north Cape Coral. Amenities include a commemorative water bottle, T-shirt, continental breakfast, rest stations every 15 miles, support vehicles and a well mapped and marked route. 5k Run on Sunday winds through the Tarpon Point area. This event features one of the largest bike rides of its kind in Florida. Call 239-573-3125 for further information. www.capecoral.net/

January 31 (Sat) *Clermont 4th Annual Tour de Orlando*

A timed metric century (62 miles). All participants will have an AMB transponder that will measure 3 different zones of hills of various distance and grade. The transponder will only track the elapsed time between the start and finish flag of each zone. Each rider will be given a time for each zone. This is a great way to get some miles before the Florida cycling season starts and to test your fitness. Don't forget the Orlando Training Criterium the following day. Contact address and phone number - 3901 Ibis Drive, Orlando FL 32803, 888-281-0533 www.buttar.com/ Active.com Online Registration



BIKE MIAMI
 Sunday, November 9th
 10:00 – 3:00
Downtown Miami
CLOSED to vehicle traffic
 Flagler St. – from Bayfront Park to the Courthouse
 S. Miami Ave – to Mary Brickell Village
 Explore the City in a New Way
BikeMiami.blogspot.com

Now how do we make it happen?

FDOT study: more facilities, better education = more bike use

A multi-year FDOT study to identify ways to promote increased bicycle use for energy conservation and health benefits recently entered Phase II.

The Florida Legislature requested the study in 2005.

Designated the *Conserve by Bicycle Program Study*, the study, according to the Phase I report issued last year, began with the premise that the state had “an enormous potential for recreational, commute, and errand related bicycling” and that bicycling is beneficial for Floridians.

The study was designed to find out what the State of Florida can do “to promote cycling and increase the benefits received from this eco-friendly form of transportation and recreation.” For those of you who like specifics, here are the points as established by the Legislature in Section 335.07, Florida Statutes.

- conserve energy by increasing the number of miles ridden on bicycles and reducing the usage of petroleum-based fuels,
- increase cycling efficiency by improving interconnectivity of roadways, transit, and bicycle facilities,
- reduce traffic congestion on existing roads,
- increase recreational opportunities in Florida,

□ provide healthy transportation and recreation alternatives to reduce obesity and decrease long-term health costs, and

□ create safe ways for children to travel to school by supporting the Safe Paths to Schools Program.

The legislation further provided specific study goals, to identify:

- where energy conservation and savings can be realized through the improvement of existing bicycle facilities,
- where education and marketing can increase bicycle use and decrease motor vehicle use,
- how, and under what circumstances, the construction of new bicycle facilities can increase recreational use and reduce the

adverse health effects associated with a sedentary lifestyle, and

□ how partnerships can be created between businesses, state and local government agencies, and environmental groups to enhance the likelihood of success of the program.

FDOT’s State Pedestrian and Bicycle Coordinator managed the project, guided by a steering committee that includes FBA executive director Laura Hallam and FBA president David Henderson who also represents the Miami-Dade Metropolitan Planning Organization. Sprinkle Consulting, Inc. led a team of three other subconsultants in completing the first phase.

“...systemwide bicycle facility improvements should be included in funding, planning, design and construction programs if the goal of mode shift to conserve energy is to be realized.”

– *Conserve by Bicycle Program Study, Phase I Rpt*

“The direct construction of bicycle facilities is not enough to bring about a mode shift from auto to bicycle. The way Florida plans its development and roadways must change as well.”

– *Conserve by Bicycle Program Study, Phase I Rpt*

Phase I findings, while encouraging, pointed to a direct relationship between better facilities and increased ridership. The report emphasized that “...improving bicycling accommodation...adds much to the shift from the auto to the bicycle...”

The study recommended that “systemwide bicycle facility improvements should be included in funding, planning, design and construction programs if the goal of mode shift to conserve energy is to be realized.”

The further recommendation was for public agencies to “accommodate bicycling on all non-limited access roadways in Florida.”

The study group recommended immediate facility-based policies and changes, and applied these recommendations not only to FDOT, but also to “cities and counties who oversee many of Florida’s public roads.”

□ Retain the current FDOT policy to provide bike lanes or paved shoulders on road construction (new or reconstruction) projects on state roads.

□ In constrained rights of way and in many settings, the common design practice of providing 12-foot wide motor vehicle lanes could be changed; lanes could be narrowed, sometimes down to even 10 feet, in some cases, to make room for paved shoulders or bicycle lanes.

This Study provides guidelines for the conditions in which this design could be done, based on proven research and solid engineering justifications.

□ Construct shared use paths along roadways where there are minimal driveway/side street conflicts, particularly in settings where the

notes from Seattle

The cyclist in the street

by Dwight Kingsbury

No one honked at me in Seattle. Maybe I shouldn’t read too much into this.

I was in the city for just a few days, in early September. I rode north and south on the downtown avenues. I followed local commuter cyclists down the middle of the Lake Union streetcar tracks (signs warn cyclists to use “extreme caution” at the tracks, but on touring tires it didn’t seem difficult to turn across them).

I rode through portions of Eastlake, the University District, Wallingford, Fremont, Ballard, the Interbay neighborhood, the International District, and the I-90 corridor.

One day I crossed Lake Washington on the I-90 Path and explored parts of Mercer Island, Bellevue, and Issaquah.

Here and there I encountered bike lanes or paved shoulders, but most of the roads I was on did not have bike lanes.

Covering the same distance on similar streets without bike lanes on a bicycle in Tallahassee, I would expect to receive a honk or two.

In a way, the honk of a passing motorist is reassuring; that motorist has obviously seen me and will usually pass with plenty of clearance.

Still, the message of most honks seems to be: a cyclist is not expected on this road.

Cycling in Seattle has a different image; it’s a common sight, a way of getting around that many people use.

On weekends cyclists don bike shorts and jerseys to ride the Lake Washington Loop, often in small groups.

On weekdays, though, most of the cyclists I saw were in some version of street clothes,



evidently making work-related or other utilitarian trips.

Most wore long pants and street shoes. I didn’t see many panniers; most riders favor student-style backpacks.

Many or most wear helmets. When it’s time for a break, one locks one’s bike to a curbside rack and steps into a café; in the Seattle area, there seems to be one on every corner.

In Florida, people also ride bicycles in street clothes, but our image of a “cyclist” is someone toggled up in a few (or several) hundred dollars worth of form-fitting bike shorts and bicycle jersey, bicycle shoes, bicycle gloves, sun-protecting eyewear, and high-ventilation helmet.

If this person is carrying anything, it’s small enough to be stuffed in jersey pockets.

Most of the cyclists I’ve seen depicted on bumper stickers promoting Florida’s “3-foot law” appear to fit this profile—at least close enough that if we had to identify the person in a police line-up, we’d be looking for a guy in spandex.

We ride such high-tech gear, of course, because it’s practical – it’s moisture-wicking, drag-reducing, high-visibility, etc.

However, it’s not the sort of gear people ordinarily wear for a trip to the store, to work, to attend a meeting. It’s activity-specific clothing – something one would change out of when the “activity” was completed.

The weekday cyclists on Seattle’s streets are evidently pursuing the activities of everyday life. They don’t look so different from the “man in the street”; they are the man (or woman) in the street.

And maybe for this reason, they don’t seem so unexpected to their fellow road users.

methods developed in this Phase I Study show a high potential for mode shift.

National and state guidance documents, particularly the FDOT District 1 Sidepath Facility Selection and Design study, should be carefully consulted, however, when planning and designing these facilities.

Other recommendations included a mix of public and private funding for education programs, school site selection that minimizes barriers to and encourages walking and bicycling to school and facility improvements that lead to increased bicycling for recreation.

Phase II of the Florida Department of Transportation’s Conserve by Bicycle Program Study (aka Conserve by Non-motorized Modes) is underway. The first meeting of the steering committee was held in Tallahassee September 25, many of whom attended via teleconference.

Goals for the second phase of the study are to collect and research data and come up with and evaluation and definition for Florida-based programs.

Steering Committee

David Blodgett (FDOT)
 Ken Bryan (Rails-to-Trails Conservancy)
 Amy Datz (FDOT)
 Laura Hallam (FBA)
 David Henderson (Miami-Dade MPO)
 Ed Hillsman (CUTR)
 Dwight Kingsbury (FDOT)
 Mary Anne Koos (FDOT)
 Bruce Landis (Sprinkle Consulting)
 Peyton McLeod, Project Coordinator (Sprinkle Consulting)
 Patrick McMahon (Kittelson and Associates)
 Theo Petritsch (Sprinkle Consulting)
 Pat Pieratte (FDOT)
 Dennis Scott (FDOT)
 Melanie Simmons (FSU)
 Tim Smith (DCA)
 Ruth Steiner (UF)
 John Zegeer (Kittelson and Associates)

Smart Moves...

Getting the Road to Yourself

by Keri Caffrey

One thing most cyclists find intimidating is having a mass of speeding cars bear down upon them.

Truthfully, it can be disconcerting to the most experienced and confident cyclist.

But what the observant cyclist knows is that the mass of cars won't last forever.

Traffic lights create waves of traffic. And between them are gaps with few, or no, cars.

One of the things I've learned on my regular route is how to manage those gaps to my advantage.

For instance, one 4-lane road can sometimes have intimidating waves of traffic. But I arrive at it via a road with a traffic light.

There is no turn on red there, so I can comfortably wait for a green without worrying about a motorist behind me wanting to turn right.

When the light turns green, and I turn into the right lane. The cars behind me turn into the left lane and pass. Instantly they're gone and I have the road to myself.

When the herd* is let loose, I've been established in the lane in clear view of them for a good long time. The motorists in the right lane manage to get their bad selves into the left lane by the time they get to me.

They all go speeding by and I still have my lane to myself. When they're gone, I have the whole road to myself and all is quiet again.

Now, in the unfortunate event that I arrive first at the next red, the herd inevitably piles up behind me.

I don't much enjoy that. So I do one of two things. I proceed through on green, then make the next right and use the scenic route (which is a little less direct, but pleasant), or I pull over and wait 10 seconds for them to go by so I have the road to myself again.

Revisiting the right-turn-on-green

This is a powerful tool unrecognized by most cyclists. When we think with motorist-mind, we think only of getting there ASAP.

When we think with cyclist-mind, we should think of getting there via the path of least resistance. What's 10 seconds when you can have the road to yourself?

Many times, I see cyclists cutting corners or slipping around a right-turn-on-red, only to have a wall-o-traffic bearing down upon them. Then they squeeze themselves into the gutter to make up for the intrusion and they get buzzed.

Self-induced stress. *Ugh!*

Study the dynamics of your route

You can learn to read traffic the way a white-water kayaker reads a river.

I learned, by accident, that if altered my route one block north, made a left (with a green light) onto an arterial, then a right (with a green light) on the road I used to use to cross the arterial, I could get a particularly intimidating, narrow 2-lane road to myself.

When I crossed straight on that road, I would sometimes have a line of traffic queued behind me.

The safest and most competent traffic cyclists are not necessarily bold or fast. They are observant. They identify patterns in the chaos and take advantage of them.

That used to be a point of frustration, as impatient motorists would occasionally pass me into oncoming traffic, scaring the bejesus out of all of us. Now it's quite peaceful.

I use a similar technique at another arterial road where my green light is often not long enough to give me a good jump on the herd.

The opposing street dumps 2 lanes of left turners onto the road behind me only seconds after my short green.

And they are, in the words of Phil Liggett, "in an angry mood" at rush hour.

But in some brilliant act of traffic engineering, the upstream timing stops the Fairbanks traffic flow a few seconds before I get a green light. I watch the pedestrian countdown clock and at about 10 seconds I have a shot.

The road is slightly down hill there, so the herd often can't catch me before I hit my turn-off.

And I often can't resist pumping a fist in the air when I beat them there. I'm silly like that.

I recently suggested a route to a friend who was looking for an alternative to Palmer Ave., which was closed for construction.

The alternate route included using the protection of a green light to turn right into the far left lane of a 6-lane arterial road, ride one block and turn left at the next light into a network of residential roads.

She'd easily get to the left turn lane before the herd got the green light.

Route selection and technique are intertwined in smart cycling.

Turning left from a 6-lane arterial

Managing gaps works well for making vehicular left turns on multi-lane arterial roads. Sometimes, you can time your merge for a gap by slowing down a little.

Remember, you can ride in that left lane for as much time as you need, so merge when you have the gap.

Don't wait until you're 50 feet from the intersection. Realize that no matter which lane you claim, overtaking traffic will be deflected into the other lane(s).

It's more difficult to merge when a wave of traffic is already flowing around you. So merge to the left lane in the gap and let the traffic flow around you to the right.

Anyone can do this!

You don't have to be fast, aggressive or elite to ride this way. You need to be observant.

Let 'em Know about the Law

Order your "3 Feet Please" jersey today from

<http://fba.3feetplease.com>



Deliver your bold, powerful message in black letters on a bright yellow background. You'll help remind drivers to share the roads and at the same time help FBA.

Purchase your jersey through the website above and a \$5.00 contribution will be made to FBA, courtesy of Tallahassee resident Joe Mizereck. Questions? Call 800-761-907 or E-mail joe@3feetplease.com

Watch the traffic patterns. Think through your moves. When you learn the dynamic on your regular routes, you can use it as a decoder ring for any roads you choose to travel.

**It's easy to think of traffic as a mindless herd rather than individual people driving vehicles and making choices. That has cultural consequences I won't go into now. There is a certain amount of group-think occurring in traffic, but we cyclists can still humanize drivers through our interactions. For the purpose of this article, though, I'm treating traffic as a unit.*

Smart Moves is a series of articles on CommuteOrlando.com that offer tricks and tips for confident cycling.

Add your voice for the future of bicycling in Florida.

JOIN FBA TODAY

Membership includes the FBA Messenger!

Name: _____ E-mail: _____

Address: _____

City: _____ County: _____ State: _____ Zip: _____

Tel (H) _____ (W) _____

Bike Club Affiliation(s): _____

Member Category: \$15/student/living lightly \$25/individual \$35/household \$100/club/corporate/agency

Ride Preferences: On-road Off-road Touring Racing Commuting

I have taken a Road I (formerly Effective Cycling) class Yes No; Approximate year taken: _____

I have taken a Road II class Yes No; Approximate year taken: _____

I am a League cycling Instructor (LCI) Yes No

May we contact you about volunteer opportunities? Yes No

List any special skills or interests: _____

Charge my Visa MasterCard

Card No: _____ Expires: _____

Signature: _____

Please make checks payable and mail to:
Florida Bicycle Association, Inc.
P.O. Box 718, Waldo, FL 32694



www.naplespathways.org

Early registration (before 1/11/09) includes breakfast, an attractive shirt, a hearty lunch and lots of fun. Go to our website for all the details and discounts available!

Phone 239/ 690-1152 or e-mail michelle@naplespathways.org

NPC's Third Annual

Pedaling for Pathways Bicycle Brunch

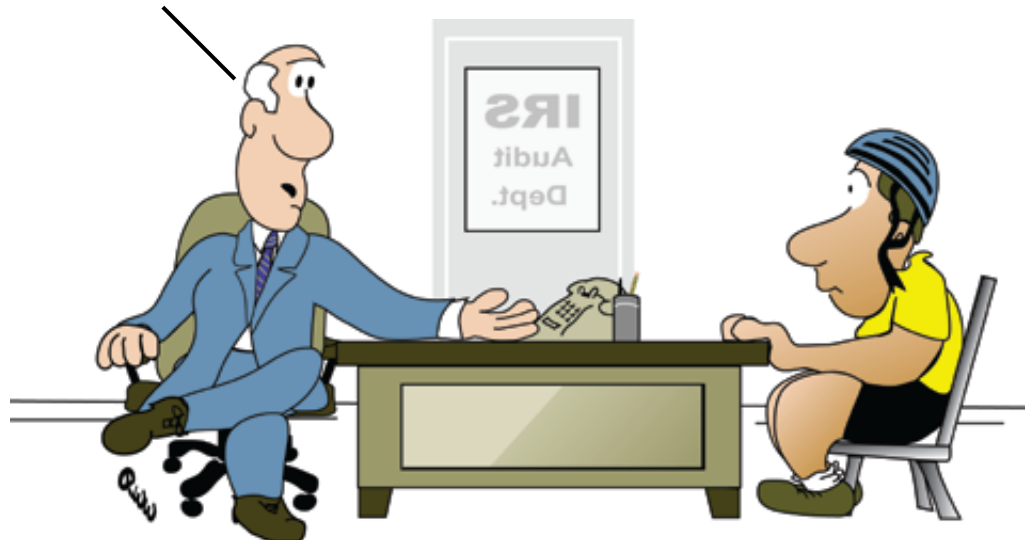
- A fully supported road ride
- Choose 10, 20, 30, 62 or 100 miles throughout beautiful Naples and surrounding SW Florida
- Enjoy Brunch-on-the-Beach after
- Rides begin and end at Lowdermilk Beach Park in Naples, Florida



Sunday January 25, 2009

Visit www.naplespathways.org for breakfast and ride schedule along with registration information. Register online at www.active.com.

I'm sorry Mr. Smith, that's an impressive bicycling mileage figure, but the standard mileage deduction is for **motorized** vehicles only.



While we can't make all your tax dreams come true, we can offer you quality tax and financial accounting services with the confidence and solid reputation that comes from over 30 years of quality service to the Central Florida business community.

We're proud to support FBA and its mission to promote good health and well-being in our communities through bicycling.

Scearce, Satcher & Jung, P.A.

CERTIFIED PUBLIC ACCOUNTANTS

Kenneth L. Scearce, CPA

David A. Satcher, CPA

243 W. Park Avenue, Winter Park, FL 32789

(407) 647-6441 Office (407) 645-0099 Fax